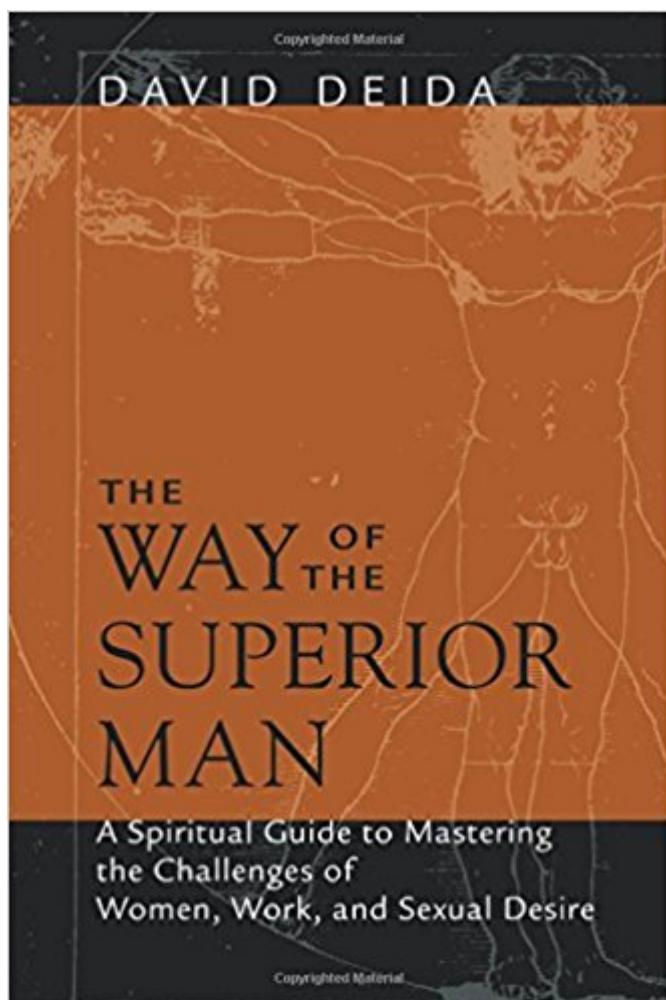


The book was found

# The Way Of The Superior Man: A Spiritual Guide To Mastering The Challenges Of Women, Work, And Sexual Desire



## Synopsis

"I keep giving this book away; I think I've owned 30 different copies already. I tend to pass it out to anybody, man or woman, who has made a commitment to the art of loving. David Deida gets it, like no one I've ever read, and he writes about it forcefully, honestly, and downright poetically." •Michael Tucker, actor and author

"The Way of the Superior Man is quite wonderful. Finally, a guide for the noncastrated male. This book will offend and infuriate some, inspire and test others, but challenge virtually everybody. I found it wise, insightful, occasionally brilliant, and always resourceful. To transcend the body-mind means to transcend and include its sexuality, not transcend and evaporate it. Few are the books that discuss strong sexuality within strong spirituality, instead of tepid sexuality diluted by a mediocre spiritual stance. This book steps straightforwardly into the challenge. Love it or loathe it, it is a shout from the heart of one perspective of the eternal masculine." •Ken Wilber, author of *Sex, Ecology, Spirituality; No Boundary; and Grace and Grit*

"At last! A book that explains the heart and soul of a woman to men. As a woman, I've never felt so understood and validated. This book is a key to helping men and women take their relationships one step further. Finally, a clear and brilliant guide to unraveling the mystery of relationships." •Marcia Shimoff, co-author of the New York Times #1 bestseller *Chicken Soup for the Woman's Soul*

"The Way of the Superior Man lays out a challenge before all men to fulfill their true purpose and to be authentically masculine. It will guide you on your journey to a successful and spiritually complete way of life. I invite you to live in the moment, to love openly, and to step up to the plate with this book in your hand." •Tony Robbins, author of *Awaken the Giant Within and Unlimited Power*

"David's work speaks to the core of our work as men. He offers a bold view of men, and challenges us to stand up and lay claim to the beauty and power of the masculine. He does not advocate superiority as in 'superiority to women.' He speaks of superiority as the Greeks might. The challenge is strictly internal. The invitation is to rise above our mediocrity, to let go of making excuses for our own laziness, to stop apologizing for who we are, and to stop blaming others or our childhood for how we've become. He asks that we step into the fullness of our being—intense, focused, powerful, clear. And directly connected to our hearts."

•Dennis Mead-Shikaly, Executive Director: The ManKind Project / New Warrior Network

The Ultimate Spiritual Guide for Men

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions—but you may not have had much luck answering them. Until now.

In *The Way of the Superior Man*, David

Deida explores the most important issues in men's lives—from career and family to women and intimacy to love and spirituality and relationships—to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise. "It is time to evolve beyond the macho jerk ideal, all spine and no heart," writes David Deida. "It is also time to evolve beyond the sensitive and caring wimp ideal, all heart and no

spine." The Way of the Superior Man presents the ultimate challenge—and reward—for today's man: to discover the unity of heart and spine; through the full expression of consciousness and love in the infinite openness of the present moment. **Contents**  
**Part One:** A Man's Way  
**Part Two:** Dealing With Women  
**Part Three:** Working With Polarity and Energy  
**Part Four:** What Women Really Want  
**Part Five:** Your Dark Side  
**Part Six:** Feminine Attractiveness  
**Part Seven:** Body Practices  
**Part Eight:** Men's and Women's Yoga  
**Part Nine:** Intimacy

**Excerpt:** This book is a guide for a specific kind of a newly evolving man. This man is unabashedly masculine-- he is purposeful, confident, and directed, living his chosen way of life with deep integrity and humor-- and he is sensitive, spontaneous, and spiritually alive, with a heart-commitment to discovering and living his deepest truth. This newly evolving man is not a scared bully, posturing like some King Kong in charge of the universe. Nor is he a new age wimp, are spineless, smiley, and starry-eyed. He has embraced both his inner masculine and feminine, and he no longer holds onto either of them. He doesn't need to be right all the time, nor does he need to always be safe, cooperative, and sharing, like an androgynous Mr. Nice Guy. He simply lives from his deepest core, fearlessly living his gifts, feeling through the fleeting moment into the openness of existence, totally committed to magnifying love.

## Book Information

Paperback: 207 pages

Publisher: Sounds True; 1st Edition edition (2004)

Language: English

ISBN-10: 1591792576

ISBN-13: 978-1591792574

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 953 customer reviews

Best Sellers Rank: #23,184 in Books (See Top 100 in Books) #34 in Books > Politics & Social Sciences > Social Sciences > Gender Studies > Men #71 in Books > Self-Help > Sex #155 in Books > Self-Help > Spiritual

## Customer Reviews

"I keep giving this book away; I think I've owned 30 different copies already. I tend to pass it out to anybody, man or woman, who has made a commitment to or even has a passing interest in the art of loving. David Deida gets it, like no one I've ever read, and he writes about it forcefully, honestly, and downright poetically." -Michael Tucker, actor and author "The Way of the Superior Man is quite wonderful. Finally, a guide for the noncastrated male. This book will offend and infuriate some, inspire and test others, but challenge virtually everybody. I found it wise, insightful, occasionally brilliant, and always resourceful. To transcend the body-mind means to transcend and include its sexuality, not transcend and evaporate it. Few are the books that discuss strong sexuality within strong spirituality, instead of tepid sexuality diluted by a mediocre spiritual stance. This book steps straightforwardly into the challenge. Love it or loathe it, it is a shout from the heart of one perspective of the eternal masculine." -Ken Wilber, author of Sex, Ecology, Spirituality; No Boundary; and Grace and Grit "At last! A book that explains the heart and soul of a woman to men. As a woman, I've never felt so understood and validated. This book is a key to helping men and women take their relationships one step further. Finally, a clear and brilliant guide to unraveling the mystery of relationships." -Marci Shimoff, co-author of the New York Times #1 bestseller Chicken Soup for the Woman's Soul "The Way of the Superior Man lays out a challenge before all men to fulfill their true purpose and to be authentically masculine. It will guide you on your journey to a successful and spiritually complete way of life. I invite you to live in the moment, to love openly, and to step up to the plate with this book in your hand." -Tony Robbins, author of Awaken the Giant Within and Unlimited Power "David's work speaks to the core of our work as men. He offers a bold view of men, and challenges us to stand up and lay claim to the beauty and power of the masculine. He does not advocate superiority as in 'superiority to women.' He speaks of superiority as the Greeks might. The challenge is strictly internal. The invitation is to rise above our mediocrity, to let go of making excuses for our own laziness, to stop apologizing for who we are, and to stop blaming

others or our childhood for how we've become. He asks that we step into the fullness of our being-intense, focused, powerful, clear. And directly connected to our hearts."-Dennis Mead-Shikaly, Executive Director: The ManKind Project / New Warrior Network

David DeidaAcknowledged as one of the most insightful and provocative teachers of our time, bestselling author David Deida continues to revolutionize the way that men and women grow spiritually and sexually. His ten books are published in more than twenty-five languages worldwide and are required reading in university, church, and spiritual center courses. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available. He is a founding member of Integral Institute, and has taught and conducted research at the University of California-San Diego School of Medicine, University of California-Santa Cruz, San Jose State University, Lexington Institute in Boston, and Ecole Polytechnique in Paris, France. Some of his recent books include Blue Truth, The Enlightened Sex Manual, The Way of the Superior Man, and Instant Enlightenment.Â

The title is deceptive. This is religious new age hipster preaching. Trying to turn the listener into a bleeding heart, "sensitive" man who gets in touch with his "feelings" and use magical rituals to connect with a woman.Terrible.

I really enjoyed this book, and took so much away - I will likely read it again.

I found this book to be absolutely amazing. I found this book from a man named Elliott Hulse. This book gave me great insight into why I feel certain ways in different interactions with women and the world itself. The book gives you many examples and descriptive insight as to why men feel a certain way in certain interactions in life. Reading this book is a MUST. 10/10

Life-changing perspective on men and women that totally makes sense. Too much information to absorb. Expect to highlight and reread over and over. Can be used as a relationship Bible.

Stop trying to force fit yourself into the modern gender-neutral society. Be a man! Just remember to be polite & respectful. Good reminders in this book. I would have liked more real-world examples to go along with the spiritual concepts, but I did get assurances that it's not only okay to think & feel

like a man, but it's also better for me, the women in my life, and the world.

This book changed the way I perceive women, and changed my life (I now coach other men on their relationships with women). I buy a copy for every male friend I have and give it as a gift - my way of trying to change the world a little bit at a time. Men, don't hesitate - READ THIS BOOK!

This book is such a great help when coming to just life, love, and spirituality in general and in detail. I love how bluntly and straight forward David is :] Divine Masculine and Divine Feminine definitely must maintain themselves individually before being with their life partner. And if you're already with your life partner I suggest this book to you. It will only help improve your connection with your spouse and other women even more! I suggest this book for all men and even women! It is such a great book! Women, you will feel more understood. Men, you will be so thankful and appreciative of this book that you will have such a different perspective and new happiness to your life. :] David put things together perfectly for me and my relationship with his words in this book. Not just with my fiance. With all girls period! I was much more able to understand exactly where women are coming from and what they mean when they say things out of their mouth's that most men just don't get or get pissed off/angry at. I never got that way with women but I am much more willing to accept the gift that all women have to give me in my daily life. LOVE. The feminine sure do have so much unlimited love to give out if you are only willing to accept it :]

Was recommended this Foot Book from a friend period was a little skeptical about it after reading a brief synopsis of what it was about. Finally gave in and decided to give it a try. Now I am happy to say that this will definitely be one of my top 10 in my personal Library. A great read for someone looking to get a better understanding of the opposite sex.

[Download to continue reading...](#)

The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire (20th Anniversary Edition) The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire The Red Pill: Man-Woman Sex life (red pill,rational man,redpill,sex drugs,sexual health,sexuality,sexual medicine,medical help) Guide to the Superior Hiking Trail: Linking People with Nature by Footpath Along Lake Superior's North Shore (Rev Print) Sex Guide: Mastering Your Sexuality and Becoming Good at Sex Every Time (Become Good at Sex, Sexual Improvement, Reach Sexual Peak, Last Longer) True North: Alternate and Off-Beat Destinations in and Around Duluth Superior and Shores of Lake Superior What

Women Want in a Man: How to Become the Alpha Male Women Respect, Desire, and Want to Submit To The Comfort Women: Sexual Violence and Postcolonial Memory in Korea and Japan (Worlds of Desire: The Chicago Series on Sexuality, Gender, and Culture) Pure Desire: How One Man's Triumph Can Help Others Break Free From Sexual Temptation Every Man's Battle: Every Man's Guide to Winning the War on Sexual Temptation One Victory at a Time (The Every Man Series) Sex and Marriage: How to Guide for Sex and Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women) Growing Food God's Way: Paul Gautschi Grows Superior Food With Much Less Work By... Sex and Marriage: More Sex, Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire (Sex Tips, ... Marriage, Marriage Advice, Marriage Help) Every Young Man's Battle Workbook: Practical Help in the Fight for Sexual Purity (Everyman: Sexual Integrity) Desire's Promise: The Desire Series Book 1 The Way of the Superior Man: The Teaching Sessions The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church The Return of Desire: A Guide to Rediscovering Your Sexual Passion Women, Work, and Globalization: Challenges and Opportunities

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)