



# **The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire**

*David Deida*

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**The Ultimate Spiritual Guide for Men**<?xml:namespace prefix = "o" ns = "urn:schemas-microsoft-com:office:office" />

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 of Intimacy

## Excerpt:

This book is a guide for a specific kind of 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.

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