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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 ...

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If you haven't read The Way Of The Superior Man: A Spiritual Guide the Challenges of Women, Work, and Sexual Desire by David Deida, I strongly suggest you do. There is a lot that I didn't cover here but equally as interesting. It doesn't matter if you are man or woman, you will benefit from the principles.

Book Summary: The Way Of The Superior Man | Kyle Nitchen

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The Way Of The Superior Man: A Spiritual Guide to Mastering the Challenges of Woman, Work, and Sexual Desire (1997, Plexus, ISBN 1-889762-10-5; 2004, Sounds True, ISBN 978-1-59179-257-4) Waiting to Love: Rude Essays on Life after Spirituality (2001) ISBN 1-889762-20-2

[David Deida - Wikipedia](#)

In The Way of the Superior Man, Deida explores the most important issues in men's lives?from career and family to women and intimacy to love and spirituality?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 ...

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The Way of the Superior Man is a book for both sexes. David Deida makes it clear in the introduction of his book that when he refers to 'men' he really is referring to the masculine energy and the purpose of the book is to unleash the most superior form of that masculine energy.

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