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-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.

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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.

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You need to define your own masculine traits, but The Way of The Superior has a few pointers: Lead the relationship Find a life purpose Live his own personal truth Stick to his value Live with integrity Seeks freedom Faces his fears

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