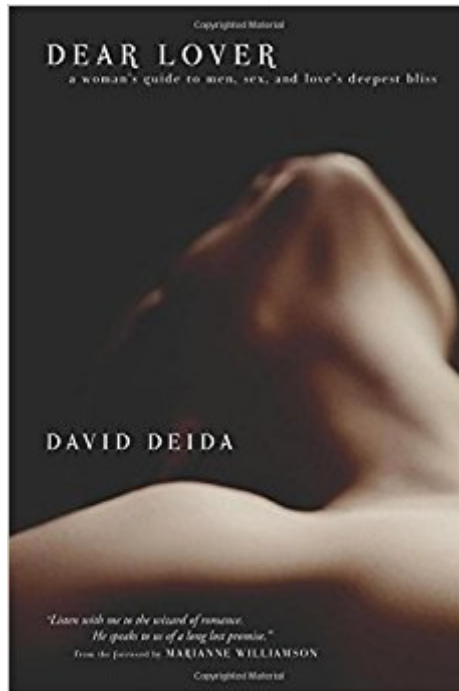




The book was found

# Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss



## Synopsis

Every woman knows the fairy tale: find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver—when you sense you've been settling for far less than you know in your heart is possible—how do you attract and keep a man capable of meeting what you most passionately yearn for? In *Dear Lover*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his dear lover, here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover: Why your man is always your choice—and how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit—“Sexual essence” and the three stages of loving: how to understand your fluctuating capacity to experience divine connection with another Knowing when to end a relationship and how to deal with the “him-shaped void”—your absent man leaves behind Daily exercises to help you and your partner move from separation to openness in two-bodies devotional trust Ultimately, what every woman wants it to give and receive love fully. Whether you're partnered or alone, *Dear Lover* reveals that “your love is the same love that years to open at everybody's heart. You will attract and inspire a man as willing and able to open as you are. Constant yearning is the call to open and give yourself to all as love's offering.”

Contents

1. You Are Love
2. Chocolate Love
3. Yearning Is the Key to Love
4. The Gift of Making Love
5. Spiritual Sexiness
6. Orgasmic Love
7. Love and Fear
8. Your Sexual Essence
9. Your True Heart and Its Shells
10. Offering or Betraying Your Heart
11. The Two-Bodied Play of Love
12. Loving Larger Than Fear
13. Trusting Your Man to Open You
14. You Attract Your Reciprocal
15. Why Men Hold Back
16. Your Force of Attraction
17. Your Man is Your Choice
18. Expressing Pleasure and Hurt
19. Masculine Insensitivity
20. How to Stay Open
21. Opening Beyond an Impasse
22. Ending Relationships and the Him-Shaped Void
23. Three Stages of Loving
24. Love is a Living Art
25. Showing Your Heart's Light in Public
26. Choosing Abuse and Refusing Love
27. Wanting to Be Opened
28. A Summary of Trusting and Opening
29. Goodbye

Excerpt Dear Reader, I offer the following chapters to you as if you were my lover. Although you may be single or married, I offer these words to you as I would do my beloved. We may never meet, but I want to give you the opportunity to feel your heart through mine. For years, I have taught workshops around the world, opening with women and men while

they share their deepest heart's desires. It seems we often come to know ourselves most deeply through the heart of someone who loves us, who is willing to open and see us as we truly are, who is willing to listen and feel our heart's yearning. To give and receive love fully—this is our heart's true desire, yours and mine. The yearning you feel in your heart is the same yearning that everyone feels. By feeling your heart's yearning through mine, I hope you will come to know yourself more deeply through the many hearts that have opened together in trust and allowed these words to emerge. All hearts want to open to God, or the boundless flow of divine love. You may or may not be a religious person, and still your heart yearns to open without bounds, to be seen and to be offered without limits. This is what I mean by "open to God"—to open and feel everything and everyone's heart as a divine expression of love. Praise for Dear Lover

"In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light."

Marianne Williamson, Author of *A Woman's Worth*

"As a woman, I've never felt so understood and validated. Finally, a clear and brilliant guide to unraveling the mystery of relationships."

Marci Shimoff, Co-author of the New York Times bestseller *Chicken Soup for the Woman's Soul*

"I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me."

Miranda Shaw, PhD. Author of *Passionate Enlightenment: Women in Tantric Buddhism*

"We all taste God, taste Goddess, taste pure spirit in those moments of sexual rapture, and wise men and women have always used that rapture to reveal Spirit's innermost secrets. David Deida is such a wise one."

Ken Wilber, Author of *Grace and Grit*

## Book Information

Paperback: 184 pages

Publisher: Sounds True; Published 2005 edition (December 1, 2004)

Language: English

ISBN-10: 1591792606

ISBN-13: 978-1591792604

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 101 customer reviews

Best Sellers Rank: #40,040 in Books (See Top 100 in Books) #59 in Books > Health, Fitness &

Dieting > Sexual Health > General #120 in [A Book](#) > Self-Help > Sex #264 in [A Book](#) > Self-Help > Spiritual

## Customer Reviews

"In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light." —**MARIANNE WILLIAMS**, author of *A Woman's Worth* "As a woman, I've never felt so understood and validated. Finally, a clear and brilliant guide to unraveling the mystery of relationships." —**MARCI SHIMOFF**, co-author of the New York Times bestseller *Chicken Soup for the Woman's Soul* "I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me." —**MIRANDA SHAW, PH.D.**, author of *Passionate Enlightenment: Women in Tantric Buddhism* "We all taste God, taste Goddess, taste pure spirit in those moments of sexual rapture, and wise men and women have always used that rapture to reveal Spirit's innermost secrets. David Deida is such a wise one." —**KEN WILBER**, author of *Grace and Grit*

David Deida Acknowledged 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*.

Beautifully written but in my opinion highly unrealistic. I love David's work and so I was surprised by the lack of instruction accompanying this work. This book seems to be written as a taste of what women could, or even should expect from a 'real man' without bridging the actual gap that exists between the ideal and the real. Knowing the amazing instructional and philosophical work this author is able to produce, I would only recommend this to 'seasoned Deida readers' or in combination with other work (i.e. maybe you don't want to read 'Dear Lover' first. Purchase it

together with another of Deida's books and read it after learning his take on relationship)

In all my years of voracious self help book reading, only a VERY few times have I ever felt transported to a new level of consciousness like I did by this book. Sort of like when I read A New Earth, You Can Heal Your Life, and The Four Agreements, I felt like everything in the book was a direct divine download. I could feel it's truth deep in my belly and heart. A very important work. An amazing read. A MUST read. I am so serious right now.

my girlfriend loves me to read these to her because it's things I would never think to say.

This is probably well meaning . Written from a first hand perspective of a man speaking to you as if you are his " lover" . Very descriptive in it's intimate conversation. A little too much so for my taste. That being said.. I believe it's meant to help achieve the goal to help a woman better understand a man's way of thinking. It has been somewhat enlightening from that perspective.

Taught me a lot about myself as a young woman and how to navigate through these walls I have built to open myself up to a love I deserve. Recommended to all my female family members and friends!

It's good the more you read and understand the message. There's been a few things where I've busted out laughing because I just wasn't expecting "Fingernail in the ass". I also had to get over how often the word god is mentioned in this book. It arrived in good quality though.

Deida has a way with words...to say the least. It is almost like is has mastered the psyche of the woman and writes to seduce our minds. I must admit that reading his words is like indulging in a warm chocolate soufflé of thoughts.

This is a great book with provocative ideas I really want to learn. I'm about a quarter of the way through and the typos are distracting. For the love of all good and green things on this earth hire a proofreader. Please.

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

Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction,

Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) What Men Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to avoid rejection from men) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures Tantric Sex: The Truth About Tantric Sex: The Ultimate Beginner's Guide to Sacred Sexuality Through Neotantra (Tantric Sex Books, Tantric Sex For Men And Women) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) Sex: 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE Gift Inside) (How To Last Longer In Bed, Attract Women, ... Starved Marriage, Sex Guide) (What Is Sex) Sex Signs: Every woman's astrological and psychological guide to love, men, sex, anger and personal power Borrower of the Night (The First Vicky Bliss Mystery)(Library Edition) (Vicky Bliss Mysteries (Audio)) Tantric Massage: #1 Guide to the Best Tantric Massage and Tantric Sex (Tantric Massage For Beginners, Sex Positions, Sex Guide For Couples, Sex Games) (Volume 1) 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) How to Talk Dirty : Dirty Talk Examples, Secrets for Women and Men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: Great Sex Book, Series 1 Dear Chandler, Dear Scarlett: A Grandfather's Thoughts on Faith, Family, and the Things That Matter Most Dear Zoo (Dear Zoo & Friends) Wine Lover's Guide to Bordeaux (The wine lover's regional guides series) The Dog Lover's Companion to California: The Inside Scoop on Where to Take Your Dog (Dog Lover's Companion Guides) Lyric Journal : 7x10 Lyric Notebook With 104 Pages - For Music Lover, Musician, Songwriter's, Music Lover, Student - Lined/Ruled Paper Journal For Writing Vol.1: Lyrics Notebook

[Contact Us](#)

[DMCA](#)

[Privacy](#)

