



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

David Deida

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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.”

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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 nine, 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 years 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*

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Jess Bolan:

Reading a e-book tends to be new life style within this era globalization. With reading you can get a lot of information which will give you benefit in your life. Having book everyone in this world can easily share their idea. Books can also inspire a lot of people. A great deal of author can inspire their own reader with their story or even their experience. Not only situation that share in the ebooks. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors in this world always try to improve their talent in writing, they also doing some investigation before they write to the book. One of them is this Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss.

Jeff Sanchez:

The book Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss has a lot of information on it. So when you make sure to read this book you can get a lot of profit. The book was written by the very famous author. Tom makes some research prior to write this book. That book very easy to read you may get the point easily after reading this book.

James Helm:

People live in this new time of lifestyle always try to and must have the extra time or they will get large amount of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely of course. People is human not only a robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer will certainly unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, often the book you have read is definitely Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss.

Francis Knapp:

Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss can be one of your beginning books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss nevertheless doesn't forget the main level, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information can certainly drawn you into new stage of crucial pondering.

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