



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 is 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 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*

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From reader reviews:

Ilene Venne:

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Jenifer Bell:

The book with title Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss has a lot of information that you can understand it. You can get a lot of benefit after read this book. This book exist new know-how the information that exist in this reserve represented the condition of the world at this point. That is important to yo7u to learn how the improvement of the world. This particular book will bring you inside new era of the glowbal growth. You can read the e-book on the smart phone, so you can read this anywhere you want.

Sarah Frigo:

This Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss is great guide for you because the content which is full of information for you who all always deal with world and have to make decision every minute. This book reveal it details accurately using great coordinate word or we can declare no rambling sentences within it. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only provides you with straight forward sentences but challenging core information with beautiful delivering sentences. Having Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss in your hand like obtaining the world in your arm, details in it is not ridiculous a single. We can say that no book that offer you world with ten or fifteen small right but this publication already do that. So , it is good reading book. Hey there Mr. and Mrs. stressful do you still doubt in which?

Terrie Anderson:

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