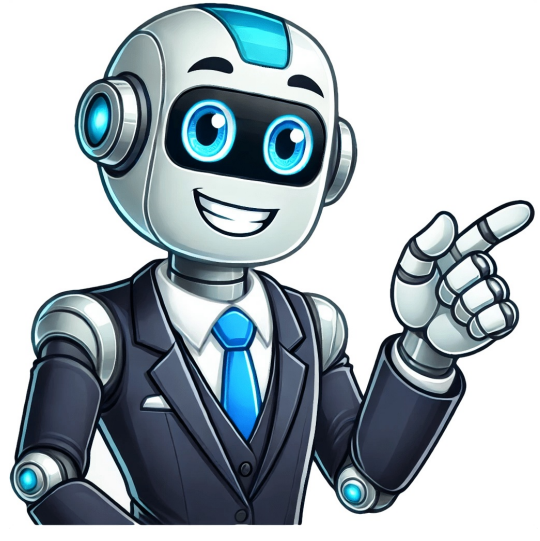


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Men's ultimate goal is to pursue their mission and purpose, whereas women seek loving relationships and motherhood. Women desire a strong and grounded man who can take charge, which they test through various "shit tests." Men successfully pass these tests by staying true to themselves. For men, freedom is the ultimate purpose in life, which they often achieve through self-fulfillment activities like gaming or sports when feeling unfulfilled. Women, on the other hand, aim to find a loving relationship and substitute it with conversation, food, or shopping when lacking it. The book "The Way of the Superior Man" by David Deida explores these differences between men and women, offering guidance on how men should behave in relationships. The author explains what men are wired for, how they can deal with women, and the importance of understanding their own purpose. The book serves as a substitute for a father figure, helping men who grew up without one to understand themselves better. While recognizing myself in many of Deida's writings, I found the book too abstract and repetitive at times. Nevertheless, it had many "aha" moments that made it worth reading. Men should prioritize their mission over all else, including relationships, while women should focus on love and nurturing connections. The key to a functioning relationship lies in staying true to one's path. When men become less masculine and prioritize their girlfriend, the relationship weakens. Similarly, when women prioritize their careers over love, they may feel unfulfilled and frustrated. The best relationships work when both partners stay within their polarity - masculine or feminine - and understand each other's needs. This understanding is crucial for men to learn how to deal with the feminine aspect, which can be emotional, caring, loving, and constantly changing. Men should abandon the idea that women are logically reacting to events and instead focus on understanding their emotions. Women's roles and desires in relationships differ significantly from men's due to their emotional nature. Women's logic is driven by emotions, making them feel at ease with expressing their thoughts and feelings without judgment. This can be challenging for men, who value masculinity and may struggle to understand and address women's emotions. To have a successful relationship, men must adopt masculine qualities such as leadership, emotional awareness, and understanding of women's tests. These tests are designed to assess a man's strength and grounding, and passing them requires remaining calm and composed in the face of challenging situations. Women, on the other hand, seek love and fulfillment through relationships and family. They fill themselves up with substitutes like material possessions or social media when they feel unfulfilled. The key to women's happiness lies in finding a loving partner and having children. The asymmetry of relationships is rooted in biological differences between men and women. Men are driven by freedom, which can be achieved through emptying oneself of emotional attachments, whereas women crave love and connection. To maintain harmony in relationships, both partners must respect their individual purposes and follow their own paths. Historically, men and women had fixed roles, with men providing financially and women taking care of children. However, this led to power imbalances and manipulation. In the 1960s, a shift towards balance allowed for greater social and economic equality but also resulted in sexual neutrality. Today, as women become more independent and work outside the home, men struggle to find their place in society. To overcome this, men must understand that their depth of awareness is their most valuable asset. Grounding oneself through self-awareness, trust, and acceptance of reality is crucial for living a fulfilling life. His core essence is rooted in spreading love and being dedicated to amplifying it. For men, freedom is the top priority. Women, on the other hand, prioritize finding love and being filled with it. Men crave living life on the edge, even if that means watching others do so on TV if they can't take the risk themselves. This book aims to help those with masculine energy understand their true nature and express it freely. Most men believe that someday they'll be able to relax and stop striving, but this is a myth. Life will always remain as it is, and there's no guarantee of change. It's time to stop putting off big projects due to excuses like "waiting for the right moment" or "having enough resources." Instead, spend at least an hour daily doing what you've always wanted. The same applies to women - they'll never change fundamentally. If your partner is unbearable, it might be necessary to reevaluate the relationship. Learn to find humor in the emotional rollercoaster that often accompanies relationships with women. When faced with failure or adversity, men often retreat and close themselves off, losing their freedom in the process. Resist this temptation and remain open, even if it's painful. Stay tall, keep your chest open, and stand by your decisions. Don't let your father's expectations dictate your life; pursue what you've always wanted to do but were denied. Reflect on your strengths, skills, and contributions. If you were fearless, would your life be different? Are you living at the edge or far from it? Be honest with yourself about your true worth and go after what you desire. Make your life an ongoing process of being who you are, even if that means facing discomfort. Your day-to-day life must align with your deepest self for anything to work. Consider what drives your attention and what you constantly think about. If you're not living in the flow of things you enjoy, you'll never find peace. Always make your own decisions and prioritize your mission over your relationships. Women appreciate men who are grounded and confident in their choices. Be open-minded, consider others' opinions, but ultimately trust yourself to make the right decisions for your life. To truly grow, you must stretch beyond what's comfortable. This balance between challenge and rest is key to a healthy life. Men should aim to find their true selves, experience freedom and love, and use their talents. However, many men struggle to do so, leading to feelings of emptiness. They're hesitant to take action due to fear. Authenticity is crucial for men - they must be honest with themselves and live according to their values. A man who gives everything he has, rather than holding back, will be genuine and respected by others. The ability to accept criticism from another man shows one's capacity to accept guidance and support from peers. Regularly discussing goals and fears with friends can help men stay on track. If a man struggles with this, it may indicate an issue with his father figure. A guiding force in life is essential - without it, individuals can become lost and uncertain about their direction. A clear purpose in life is vital for men; everything else should align with it. Without one, they risk living a weak, unfulfilling existence. The journey to discovering one's true purpose involves uncovering the layers of other purposes that hide it. Men must be willing to face uncertainty and doubt along the way - running away or avoiding these feelings only prolongs the process. If men can't find their purpose due to fear or laziness, they should admit it rather than making excuses. Their mission should take priority over everything else in life, even family responsibilities. By aligning with one's true purpose, men will become stronger and more fulfilled individuals. setting a positive example for their children to follow. Finding your purpose in life is crucial. When you have a clear goal, like completing a task, you get into a state where everything becomes focused on achieving that end. While this can be beneficial, it shouldn't consume your entire existence, making you feel like just another machine. Your tasks are meant to help you grow and be free, not the tasks themselves. It's essential to take breaks and reflect on what truly matters - finding fulfillment in life, not just in tasks. A woman often pushes her partner to stay true to himself and his purpose by testing their boundaries and limits. She wants to ensure they remain strong, genuine, and passionate about life. As you become more intimate with a woman, the tests she gives you will become increasingly challenging. However, it's not about avoiding or becoming anxious; it's about remaining steadfast, grounded, and true to yourself. You need to stay full of energy, happiness, and humor, even in the face of her scrutiny.

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