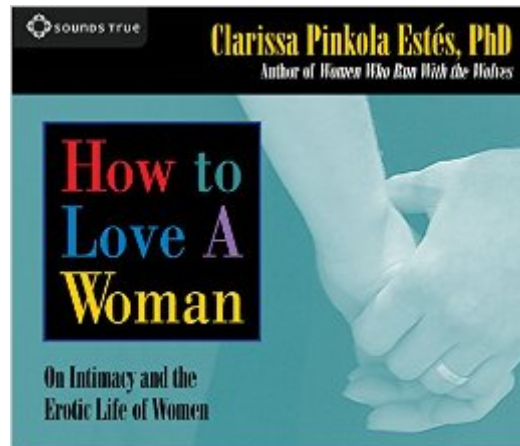


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# How To Love A Woman: On Intimacy And The Erotic Life Of Women



## Synopsis

For all men and women who thirst to love and be loved by a woman, these words and stories of guidance from Clarissa Pinkola Est's are aqua vitae, the water of life for the soul. Dr. Est's teaches that in love relationships, each partner challenges, nourishes, and transforms the other. To achieve this lifelong love requires an understanding of the mysterious internal cycles that fuel relationships. Through irresistible storytelling, How to Love a Woman shows how every relationship fades and expires, only to be reborn in a fresh and strengthened form.

## Book Information

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## Customer Reviews

Dr Estes talks about four groups of factors necessary for a fulfilling long term relationship. First is the need to recognise that death and rebirth are integral to life. She illustrates this with the story of Skeleton Woman. Next is the importance of Eros, the living connection to people and things. A person seeks meaning and beauty in the other. Third is the dual nature of women: the civilised, tame side and the instinctual wild side. Fourth, Dr Estes gives twelve qualities a good partner should have. In summary they are: 1. See them "blind," i.e. with your inner eye. Know how you feel about them. Be aware how they treat you: are they loyal? are they kind? devoted? Do they have the ability to care for themselves as independent beings? 2. Someone who can change and is evolving, Who is curious about the world. Who is open and is willing to learn. 3. Who is strong like you. Strong like a great tree, but bends in the wind. Who is sensitive to others. 4. Someone whose feeling function has not been impaired by past pain and pent up anger. If either hurts the other they show pain. Their ability to see your pain and feel for you. 5. Who has an inner life of their own. This helps because

there are times to be together and times to be alone. Be equal partners on life's journey.6. Shared experiences and memories are the glue that helps keep you together. There needs to be some similar passions so you can do things together.7. Similar views on basic questions, e.g. the role of women, rearing children, attitudes to money. When the pragmatics are settled it is easier to soar.8. Someone who is compassionate and listens. It takes 8-9 years to know the rhythm of a relationship. It is the building of a miracle.9.

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