

Sachin Sashti

25 April 2024

Review - The Way of the Superior Man

In *The Way of the Superior Man*, Deida explores the most important issues in men's lives—from career and family to women and intimacy to love and spirituality—to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom.

Review of The Way of the Superior Man

When I was recommended this book, I was initially uninterested. The entire crux of the book seemed centered around outdated masculine ideas about how each gender should act. However, I decided to try it out.

My initial impression of the book was so far off. The book introduced concepts of which I had no knowledge prior and it was interesting to explore ideas of which I had never been educated on, due to its mature nature. The book explored how different aspects of the male psyche affected the basic things a man yearns for. However, one distinction that I liked was how the author did not refer to these people as males, however he referred to them as people with masculine energy, regardless of gender or sexual orientation. As a man, I found much of his advice to be very accurate and even enlightening. Many of the thoughts he writes on paper are ideas I had conceptualized, however would have been unable to explain. His ability to simplify complex ideas is very good.

What was the book centered around? When first examining the front cover, as stated prior, I expected the book to be about modern masculine concepts, however the concepts discussed and emphasized in the book seemed to be in line with traditionally masculine concepts, rooted in old or ancient philosophies. Most of the book was about finding purpose, as well as how to behave with dignity and grace when on that road. Regardless of whether or not one agrees with the concepts, it is clear that Deida is extremely knowledgeable about the discussed concepts. He draws information not only from personal experience, but also scientific knowledge and discovery. There were many points in the book where I did not agree with what was being

said or even found it offensive, however I felt that the writing style throughout the book fostered my ability to still respect and interpret the ideas, even in the face of disagreement.

This speaks to the nature of the book, whether or not one likes or dislikes the content seems to be generally irrelevant, however what I consider to be more relevant (when reviewing books) is the style in which the author speaks, sentence structure, and tone. I believe it beneficial to educate oneself on ideas of both agreement and disagreement, however the most utility is found when both of these ideas are presented in mature and open ways. Overall, this book did a good job doing that, and although many people are likely to find the content offensive, I believe Deida to have done a god job in mitigating emotional bias that could rise from conflict of belief (something that is very hard to do in today's polarized climate)