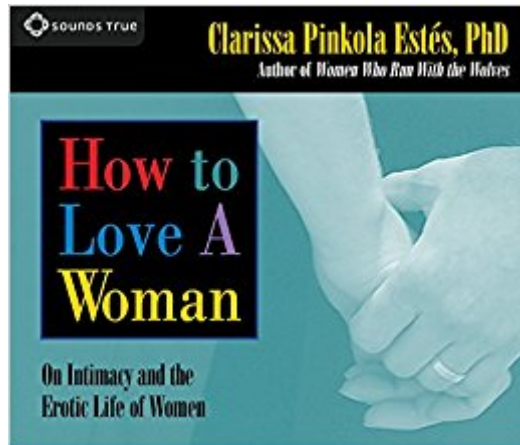




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# How To Love A Woman: On Intimacy And The Erotic Life Of Women



## 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

Learn the secrets of enduring love from the bestselling author of *Women Who Run with the Wolves*. Includes a treasury of stories and myths from world cultures and Estes' own list of 12 qualities to look for in a partner. --This text refers to an out of print or unavailable edition of this title.

Clarissa Pinkola Estes was born in Indiana in 1943 to parents of Spanish and Mexican ancestry, but was later adopted by Hungarian immigrants. She received her Ph.D. from the Union Institute in Cincinnati, Ohio, and was certified as a Jungian analyst in 1984. She worked as a psychoanalyst in private practice and developed and taught the Writing as Liberation of the Spirit program in state and federal prisons. Estes served as executive director of the C.G. Jung Center for Education and Research and cofounded and codirected Colorado Authors for Gay and Lesbian Equal Rights. One of Estes's better-known writings, *Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype* (1992), is drawn from tales and myths she heard firsthand from members of such

cultures as Asian, Mexican, African, and Greek. She also wrote *The Gift of Story* (1993). Her books can be found indexed under Psychology, Women's Studies, Mythology, Spiritual Development, and Poetry.

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. Someone who can laugh at themselves. Humour defuses tensions.
10. Know who you can live with. 'Cute' habits can annoy you later. Serious behavioural problems--substance addictions, lying, etc.--are intolerable. Your partner should have a soul life.
11. Be friends and lovers. Do for a lover what you would do for a good friend. Sit and listen; discuss what you want to do.
12. Someone who makes your life bigger rather than smaller.

This is excellent advice for good relationships. Dr Estes also uses myths and stories to illustrate her views.

Her work is a gift to humanity.

Well written book, would recommend. Received book promptly, very happy with service.

Wonderful work.

This work by Dr. Estes' is the best of in-depth Jungian Psychology. I have used this in my clinical practice for several years. It helps men and women understand the deeper meaning of their inner life. I have purchased this work many times both to give as gifts and to teach clients. Darlene Terry, CSW, LISW La Luz, NM

I so admire the work of Dr. Estes! This tape was simply wonderful and I fully intend to share it with family and friends. It is insightful and written in a common sense approach. Sappho's "poetry" was especially moving for me since there is so little of her poetry that is complete. I highly recommend this tape to all women and I believe there is much for men to learn as well.

Dr. Estes' "How To Love A Woman" goes beyond typical "how to" material and delves into the essence of women. As an advisor, I have recommended this information to dozens of people, both men and woman; all have thanked me, many have recommended it to others, and most have sworn the information saved their relationships. Dr. Estes writes (and speaks) with unbiased compassion, and finds no need to "bridge a gap" between men and women . . . she simply, clearly, and insightfully explains, with her colorful candor, how women want and need to be treated, rather than how we expect to be treated. There is no accurate way to describe the content, other than "real." And the only way to describe the context is to compare Dr. Estes' work to finding that one perfect word, note, touch, scent or vision that simply says it all.

She has the most beautiful rich voice which starts a slow heart beat deep within the soul. She tells the most surprising, extraordinary stories that feed the Old Hungry Ones who have been begging for alms at the side of the road, deep within us. The story of Sketeton Woman is particularly poetic and vivid and it will sing to you long after you've first heard it. Her poetic renditions/reinterpretations of Sappho are luscious and will make your skin shiver with delight. This is a down-to-earth, deeply wise and delicious offering which I would recommend, in Estes words, "for men who love women, women who love women or anyone who has tasted the Feminine God and found her . . .". This is for anyone seeking soulful relationship with the world and others in it. It is something you never tire of listening to.

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