



# How to Love a Woman: On Intimacy and the Erotic Life of Women

By Clarissa Pinkola Estés

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For all men and women who thirst to love and be loved by a woman, these words and stories of guidance from Clarissa Pinkola Estés are aqua vitae, the water of life for the soul. Dr. Estés 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.

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### Editorial Review

#### About the Author

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.

#### From [AudioFile](#)

Riffing on poetry fragments by the seventh-century B.C. Greek poet Sappho, the author delivers a gorgeous lesson on romantic love. True love must speak to the erotic part of a woman, which she says requires "that you be fully alive in all your senses, that you observe, that you listen, that you feel, that you taste, that you touch, and that you sense who the other person is at this very moment . . ." Full of precious wisdom impossible to dismiss, Estés's writing describes familiar relationship dilemmas but never slides into clichés or platitudes. Powerful stories and the tender immediacy of the author's voice make this a must-hear audio for anyone serious about connecting with a romantic partner. T.W. © AudioFile 2010, Portland, Maine

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