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CANADIAN SUPERIOR ENERGY INC  
Form 6-K  
November 23, 2004

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
WASHINGTON, D.C. 20549

FORM 6-K

REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO RULE 13a-16 OR 15d-16 UNDER  
THE SECURITIES EXCHANGE ACT OF 1934

For the month of November, 2004.

Canadian Superior Energy Inc.

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(Translation of registrant's name into English)

Suite 3300, 400 Third Avenue SW  
Calgary, Alberta, Canada T2P 4H2

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(Address of principal executive office)

Indicate by check mark whether the registrant files or will file annual reports  
under cover of Form 20-F or Form 40-F.

Form 20-F                      Form 40-F    X  
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Indicate by check mark whether the registrant by furnishing the information  
contained in this Form is also thereby furnishing the information to the  
Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes                                      No    X  
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If "Yes" is marked, indicate below the file number assigned to the registrant in  
connection with Rule 12g3-2(b): 82-\_\_\_\_\_.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, as  
amended, the registrant has duly caused this report to be signed on its behalf  
by the undersigned, thereunto duly authorized.

Date: November 23, 2004

CANADIAN SUPERIOR ENERGY INC.

/s/ Michael E. Coolen

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Michael E. Coolen  
Vice President, East Coast Operations

EXHIBIT INDEX

EXHIBIT -----	DESCRIPTION OF EXHIBIT -----
99.1	Press Release
99.2	Press Release
99.3	Press Release
99.4	Press Release