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# The Art Of Loving



ERICH  
FROMM



## Synopsis

The international bestseller that launched a movement with its powerful insight: "Love is the only sane and satisfactory answer to the problem of human existence." The Art of Loving is a rich and detailed guide to love, "an achievement reached through maturity, practice, concentration, and courage. In the decades since the book's release, its words and lessons continue to resonate. Erich Fromm, a celebrated psychoanalyst and social psychologist, clearly and sincerely encourages the development of our capacity for and understanding of love in all of its facets. He discusses the familiar yet misunderstood romantic love, the all-encompassing brotherly love, spiritual love, and many more. A challenge to traditional Western notions of love, The Art of Loving is a modern classic about taking care of ourselves through relationships with others." This ebook features an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author's estate.

## Book Information

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## Customer Reviews

"Love," says Fromm, "is the only satisfactory answer to the problem of human existence." Poets

have written that, "Love conquers all," and to "surrender to it." Urging one to surrender implies resistance to Love, but why? Fromm asks, is Love an art, or is Love a pleasant sensation or feeling which to experience is a matter of chance, i.e. something one, "falls into," if one is lucky. Fromm asserts that Love is an art, and says that to truly Love, in all its forms, one must possess: Maturity; Self-Knowledge; and Courage. "Object," or "faculty,": Many people pursue objects or affection, or objects to love, and correspondingly treat them as possessions. Fromm asserts that Love is the faculty or ability to Love in its different forms: brotherly love; romantic love, etc. Since Love is an art to be practiced, Fromm asserts that it can only be practiced in freedom with one another. In other words, people cannot treat others as objects or possessions to be controlled for one's own egotistical or selfish purposes. Such behavior to result in certain destruction and never to attain true Love. "Love," vs. "falling in Love/Infatuation,": People speak of falling in Love, with new people they meet. Falling in Love is not necessarily Love, but infatuation, e.g., strangers meet, they break down social walls between one another, they feel close/as one. This new experience, infatuation, Fromm describes as "one of the most exhilarating and most exciting experiences in life. However, Fromm argues astutely, that this initial infatuation feeling slowly and naturally loses its miraculous character more and more with time, as the two people get more acquainted and learn more and more about each other - flaws, character defects, etc.

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