

The Art of Loving



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著者:Erich Fromm

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"Love," says Dr. Fromm. "is the only sane and satisfactory answer to the problem of human existence." Yet most of us are unable to develop our capacities for love on the only level that really counts - a love that is compounded of maturity, self-knowledge and courage. Learning to love, like other arts, demands practice and concentration. Dr. Fromm discusses love in all its aspects, not only romantic love, so surrounded by false conceptions, but also the love of parents for children, brotherly love, erotic love, self-love and love of God.

作者介绍:

Erich Seligmann Fromm (March 23, 1900 – March 18, 1980) was a German social psychologist, psychoanalyst, sociologist, humanistic philosopher, and democratic socialist. He was associated with what became known as the Frankfurt School of critical theory.[

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标签

心理学

弗洛姆

杂

love

英文

人文社科

评论

比较理想化。思辨力不足的读者可能会拿此书当性格辞典。

很久很久没有看书了。

2017/11 @NYC

道理比较浅显，基本上就是自己爹娘从小到大教的东西。唯有跟资本主义和商品经济的结合论述很通畅，有说服力。

看完还是觉得我是love disabled

我读的第一本全英文的书，非常简单，道理却深刻，让我走出反反复复情欲的困扰，面对自己本身的不足，并让我看到好的我是怎么样的，而且还告诉我怎么才能变成我想要的样子。真的很好。

The deepest need of man, then, is the need to overcome his separateness, to leave the prison of his aloneness. Fromm, Erich. *The Art of Loving* (p. 8). Open Road Media. Kindle Edition.

有一些很好的见解，比如爱是一种能力，是一种给予，是一种productivity. 所以我们要激活、培养、发展自己的爱的能力，让它得以在自己和他人身上实现。但是，不同意作者的观点： one can become complete only through the union with another via love.

（大意如此）。我认为一个人的完整性只能通过自我内在的发展，和外物、他人的交互（包括爱）都是手段。

另外，作者是属于通俗哲学/心理学类的，好处是通俗易懂，缺点是既不深刻，也不全面，没有深入的研究为基础，更多是一家之言，挠到痒处即止。

discipline, concentration, patience. all of us are more or less insane or asleep. easy to read and understand. the points are quite popular

Loving is sharing. Open to all the possibilities out there. Trust in the uncertainties and embrace it!

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书评

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