

# Rediscovering Love



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"Love is a central condition of human existence. We need it for survival; we seek it for pleasure; we require it to lend meaning and purpose to ordinary existence; we suffer its loss with grief and often despair."

So begins Rediscovering Love, Willard Gaylin's culminating masterwork and the most important book on the subject

since Erich Fromm's *The Art of Loving*. The author of the bestseller *Feelings*, Dr. Gaylin contends that we are close to creating a loveless world. Orthodox Freudian psychology has managed to reduce love to an adjunct of the sexual drive, while the rise of American individualism has replaced the ability to love with a narcissistic appetite to be loved. He elucidates the social and intellectual roots of this emotional crisis, and then undertakes nothing less than a rehabilitation of love as a central human experience and a stirring defense of the role of romance and the imagination in loving.

Dr. Gaylin unapologetically declares himself "an optimist and a romantic." He wants to elevate the idea of genuine pleasure above the mere satisfaction of appetite. He is unashamed in his advocacy for commitment. And he writes for the educated lay audience with consummate ease and literacy, drawing dozens of telling, touching examples from the greatest writers, both classic and modern.

作者介绍:

目录:

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评论

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