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The world-famous psychoanalyst's
daring prescription for love

THE ART OF LOVING



Erich
Fromm



THE
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LOVING

BY ERICH FROMM



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LOVE IN ALL ITS ASPECTS

“Love,” says Dr. Fromm, “is the only 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. Even more than any other art it demands genuine insight and understanding.

In this startling book, Dr. Fromm discusses love in all its aspects, not only romantic love, so surrounded by false conceptions, but also love of parents for children, brotherly love, erotic love, self-love and love of God.

**This Perennial Library edition
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WORLD PERSPECTIVES SERIES,
which is planned and edited
by Ruth Nanda Anshen.**

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WORLD PERSPECTIVES

What This Series Means

It is the thesis of *World Perspectives* that man is in the process of developing a new consciousness which, in spite of his apparent spiritual and moral captivity, can eventually lift the human race above and beyond the fear, ignorance, and isolation which beset it today. It is to this nascent consciousness, to this concept of man born out of a universe perceived through a fresh vision of reality, that *World Perspectives* is dedicated.

My Introduction to this Series is not of course to be construed as a prefatory essay for each individual book. These few pages simply attempt to set forth the general aim and purpose of the Series as a whole. They try to point to the principle of permanence within change and to define the essential nature of man, as presented by those scholars who have been invited to participate in this intellectual and spiritual movement.

Man has entered a new era of evolutionary history, one in which rapid change is a dominant consequence. He is contending with a fundamental change, since he has intervened in the evolutionary process. He must now better appreciate this fact and then develop the wisdom to direct the process toward his fulfillment rather than toward his destruction. As he learns to apply his understanding of the physical world for practical purposes, he is, in reality, extending his innate capacity and augmenting his ability and his need to communicate as well as his ability to think and to create. And as a result, he is substituting a goal-directed evolutionary process in his struggle against environmental hardship for the slow, but effective, biological evolution which produced modern man through mutation and natural

selection. By intelligent intervention in the evolutionary process man has greatly accelerated and greatly expanded the range of his possibilities. But he has not changed the basic fact that it remains a trial and error process, with the danger of taking paths that lead to sterility of mind and heart, moral apathy and intellectual inertia; and even producing social dinosaurs unfit to live in an evolving world.

Only those spiritual and intellectual leaders of our epoch who have a paternity in this extension of man's horizons are invited to participate in this Series: those who are aware of the truth that beyond the divisiveness among men there exists a primordial unitive power since we are all bound together by a common humanity more fundamental than any unity of dogma; those who recognize that the centrifugal force which has scattered and atomized mankind must be replaced by an integrating structure and process capable of bestowing meaning and purpose on existence; those who realize that science itself, when not inhibited by the limitations of its own methodology, when chastened and humbled, commits man to an indeterminate range of yet undreamed consequences that may flow from it.

Virtually all of our disciplines have relied on conceptions which are now incompatible with the Cartesian axiom, and with the static world view we once derived from it. For underlying the new ideas, including those of modern physics, is a unifying order, but it is not causality; it is purpose, and not the purpose of the universe and of man, but the purpose *in* the universe and *in* man. In other words, we seem to inhabit a world of dynamic process and structure. Therefore we need a calculus of potentiality rather than one of probability, a dialectic of polarity, one in which unity and diversity are redefined as simultaneous and necessary poles of the same essence.

Our situation is new. No civilization has previously had to face the challenge of scientific specialization, and our response must be new. Thus this Series is committed to ensure that the spiritual and moral needs of man as a human being and the scientific and intellectual resources at his command

for *life* may be brought into a productive, meaningful and creative harmony.

In a certain sense we may say that man now has regained his former geocentric position in the universe. For a picture of the Earth has been made available from distant space, from the lunar desert, and the sheer isolation of the Earth has become plain. This is as new and as powerful an idea in history as any that has ever been born in man's consciousness. We are all becoming seriously concerned with our natural environment. And this concern is not only the result of the warnings given by biologists, ecologists and conservationists. Rather it is the result of a deepening awareness that something new has happened, that the planet Earth is a unique and precious place. Indeed, it may not be a mere coincidence that this awareness should have been born at the exact moment when man took his first step into outer space.

This Series endeavors to point to a reality of which scientific theory has revealed only one aspect. It is the commitment to this reality that lends universal intent to a scientist's most original and solitary thought. By acknowledging this frankly we shall restore science to the great family of human aspirations by which men hope to fulfill themselves in the world community as thinking and sentient beings. For our problem is to discover a principle of differentiation and yet relationship lucid enough to justify and to purify scientific, philosophic and all other knowledge, both discursive and intuitive, by accepting their interdependence. This is the crisis in consciousness made articulate through the crisis in science. This is the new awakening.

Each volume presents the thought and belief of its author and points to the way in which religion, philosophy, art, science, economics, politics and history may constitute that form of human activity which takes the fullest and most precise account of variousness, possibility, complexity and difficulty. Thus *World Perspectives* endeavors to define that ecumenical power of the mind and heart which enables man through his mysterious greatness to re-create his life.

This Series is committed to a re-examination of all those

sides of human endeavor which the specialist was taught to believe he could safely leave aside. It attempts to show the structural kinship between subject and object; the indwelling of the one in the other. It interprets present and past events impinging on human life in our growing World Age and envisages what man may yet attain when summoned by an unbending inner necessity to the quest of what is most exalted in him. Its purpose is to offer new vistas in terms of world and human development while refusing to betray the intimate correlation between universality and individuality, dynamics and form, freedom and destiny. Each author deals with the increasing realization that spirit and nature are not separate and apart; that intuition and reason must regain their importance as the means of perceiving and fusing inner being with outer reality.

World Perspectives endeavors to show that the conception of wholeness, unity, organism is a higher and more concrete conception than that of matter and energy. Thus an enlarged meaning of life, of biology, not as it is revealed in the test tube of the laboratory but as it is experienced within the organism of life itself, is attempted in this Series. For the principle of life consists in the tension which connects spirit with the realm of matter, symbiotically joined. The element of life is dominant in the very texture of nature, thus rendering life, biology, a transempirical science. The laws of life have their origin beyond their mere physical manifestations and compel us to consider their spiritual source. In fact, the widening of the conceptual framework has not only served to restore order within the respective branches of knowledge, but has also disclosed analogies in man's position regarding the analysis and synthesis of experience in apparently separated domains of knowledge, suggesting the possibility of an ever more embracing objective description of the meaning of life.

Knowledge, it is shown in these books, no longer consists in a manipulation of man and nature as opposite forces, nor in the reduction of data to mere statistical order, but is a means of liberating mankind from the destructive power of

fear, pointing the way toward the goal of the rehabilitation of the human will and the rebirth of faith and confidence in the human person. The works published also endeavor to reveal that the cry for patterns, systems and authorities is growing less insistent as the desire grows stronger in both East and West for the recovery of a dignity, integrity and self-realization which are the inalienable rights of man who may now guide change by means of conscious purpose in the light of rational experience.

The volumes in this Series endeavor to demonstrate that only in a society in which awareness of the problems of science exists, can its discoveries start great waves of change in human culture, and in such a manner that these discoveries may deepen and not erode the sense of universal human community. The differences in the disciplines, their epistemological exclusiveness, the variety of historical experiences, the differences of traditions, of cultures, of languages, of the arts, should be protected and preserved. But the interrelationship and unity of the whole should at the same time be accepted.

The authors of *World Perspectives* are of course aware that the ultimate answers to the hopes and fears which pervade modern society rest on the moral fibre of man, and on the wisdom and responsibility of those who promote the course of its development. But moral decisions cannot dispense with an insight into the interplay of the objective elements which offer and limit the choices made. Therefore an understanding of what the issues are, though not a sufficient condition, is a necessary prerequisite for directing action toward constructive solutions.

Other vital questions explored relate to problems of international understanding as well as to problems dealing with prejudice and the resultant tensions and antagonisms. The growing perception and responsibility of our World Age point to the new reality that the individual person and the collective person supplement and integrate each other; that the thrall of totalitarianism of both left and right has been shaken in the universal desire to recapture the author-

ity of truth and human totality. Mankind can finally place its trust not in a proletarian authoritarianism, not in a secularized humanism, both of which have betrayed the spiritual property right of history, but in a sacramental brotherhood and in the unity of knowledge. This new consciousness has created a widening of human horizons beyond every parochialism, and a revolution in human thought comparable to the basic assumption, among the ancient Greeks, of the sovereignty of reason; corresponding to the great effulgence of the moral conscience articulated by the Hebrew prophets; analogous to the fundamental assertions of Christianity; or to the beginning of the new scientific era, the era of the science of dynamics, the experimental foundations of which were laid by Galileo in the Renaissance.

An important effort of this Series is to re-examine the contradictory meanings and applications which are given today to such terms as democracy, freedom, justice, love, peace, brotherhood and God. The purpose of such inquiries is to clear the way for the foundation of a genuine *world* history not in terms of nation or race or culture but in terms of man in relation to God, to himself, his fellow man and the universe, that reach beyond immediate self-interest. For the meaning of the World Age consists in respecting man's hopes and dreams which lead to a deeper understanding of the basic values of all peoples.

World Perspectives is planned to gain insight into the meaning of man, who not only is determined by history but who also determines history. History is to be understood as concerned not only with the life of man on this planet but as including also such cosmic influences as interpenetrate our human world. This generation is discovering that history does not conform to the social optimism of modern civilization and that the organization of human communities and the establishment of freedom and peace are not only intellectual achievements but spiritual and moral achievements as well, demanding a cherishing of the wholeness of human personality, the "unmediated wholeness of feeling and thought," and constituting a never-ending challenge to

man, emerging from the abyss of meaninglessness and suffering, to be renewed and replenished in the totality of his life.

Justice itself, which has been "in a state of pilgrimage and crucifixion" and now is being slowly liberated from the grip of social and political demonologies in the East as well as in the West, begins to question its own premises. The modern revolutionary movements which have challenged the sacred institutions of society by protecting social injustice in the name of social justice are here examined and re-evaluated.

In the light of this, we have no choice but to admit that the *unfreedom* against which freedom is measured must be retained with it, namely, that the aspect of truth out of which the night view appears to emerge, the darkness of our time, is as little abandonable as is man's subjective advance. Thus the two sources of man's consciousness are inseparable, not as dead but as living and complementary, an aspect of that "principle of complementarity" through which Niels Bohr has sought to unite the quantum and the wave, both of which constitute the very fabric of life's radiant energy.

There is in mankind today a counterforce to the sterility and danger of a quantitative, anonymous mass culture; a new, if sometimes imperceptible, spiritual sense of convergence toward human and world unity on the basis of the sacredness of each human person and respect for the plurality of cultures. There is a growing awareness that equality may not be evaluated in mere numerical terms but is proportionate and analogical in its reality. For when equality is equated with interchangeability, individuality is negated and the human person transmuted into a faceless mask.

We stand at the brink of an age of a world in which human life presses forward to actualize new forms. The false separation of man and nature, of time and space, of freedom and security, is acknowledged, and we are faced with a new vision of man in his organic unity and of history offering a richness and diversity of equality and majesty of scope hitherto unprecedented. In relating the accumulated wisdom of man's spirit to the new reality of the World Age, in

articulating its thought and belief, *World Perspectives* seeks to encourage a renaissance of hope in society and of pride in man's decision as to what his destiny will be.

World Perspectives is committed to the recognition that all great changes are preceded by a vigorous intellectual re-evaluation and reorganization. Our authors are aware that the sin of *hubris* may be avoided by showing that the creative process itself is not a free activity if by free we mean arbitrary, or unrelated to cosmic law. For the creative process in the human mind, the developmental process in organic nature and the basic laws of the inorganic realm may be but varied expressions of a universal formative process. Thus *World Perspectives* hopes to show that although the present apocalyptic period is one of exceptional tensions, there is also at work an exceptional movement toward a compensating unity which refuses to violate the ultimate moral power at work in the universe, that very power upon which all human effort must at last depend. In this way we may come to understand that there exists an inherent independence of spiritual and mental growth which, though conditioned by circumstances, is never determined by circumstances. In this way the great plethora of human knowledge may be correlated with an insight into the nature of human nature by being attuned to the wide and deep range of human thought and human experience.

Incoherence is the result of the present disintegrative processes in education. Thus the need for *World Perspectives* expresses itself in the recognition that natural and man-made ecological systems require as much study as isolated particles and elementary reactions. For there is a basic correlation of elements in nature as in man which cannot be separated, which compose each other and alter each other mutually. Thus we hope to widen appropriately our conceptual framework of reference. For our epistemological problem consists in our finding the proper balance between our lack of an all-embracing principle relevant to our way of evaluating life and in our power to express ourselves in a logically consistent manner.

Our Judeo-Christian and Greco-Roman heritage, our Hellenic tradition, has compelled us to think in exclusive categories. But our *experience* challenges us to recognize a totality richer and far more complex than the average observer could have suspected—a totality which compels him to think in ways which the logic of dichotomies denies. We are summoned to revise fundamentally our ordinary ways of conceiving experience, and thus, by expanding our vision and by accepting those forms of thought which also include nonexclusive categories, the mind is then able to grasp what it was incapable of grasping or accepting before.

Nature operates out of necessity; there is no alternative in nature, no will, no freedom, no choice as there is for man. Man must have convictions and values to live for, and this also is recognized and accepted by those scientists who are at the same time philosophers. For they then realize that duty and devotion to our task, be it a task of acting or of understanding, will become weaker and rarer unless guidance is sought in a metaphysics that transcends our historical and scientific views or in a religion that transcends and yet pervades the work we are carrying on in the light of day.

For the nature of knowledge, whether scientific or ontological, consists in reconciling *meaning* and *being*. And *being* signifies nothing other than the actualization of potentiality, self-realization which keeps in tune with the transformation. This leads to experience in terms of the individual; and to organization and patterning in terms of the universe. Thus organism and world actualize themselves simultaneously.

And so we may conclude that organism is *being* enduring in time, in fact in eternal time, since it does not have its beginning with procreation, nor with birth, nor does it end with death. Energy and matter in whatever form they may manifest themselves are transtemporal and transspatial and are therefore metaphysical. Man as man is summoned to know what is right and what is wrong, for emptied of such knowledge he is unable to decide what is better or what is worse.

World Perspectives hopes to show that human society is

different from animal societies, which, having reached a certain stage, are no longer progressive but are dominated by routine and repetition. Thus man has discovered his own nature, and with this self-knowledge he has left the state of nonage and entered manhood. For he is the only creature who is able to say not only "no" to life but "yes" and to make for himself a life that is human. In this decision lie his burden and his greatness. For the power of life or death lies not only in the tongue but in man's recently acquired ability to destroy or to create life itself, and therefore he is faced with unlimited and unprecedented choices for good and for evil that dominate our time. Our common concern is the very destiny of the human race. For man has now intervened in the process of evolution, a power not given to the pre-Socratics, nor to Aristotle, nor to the Prophets in the East or the West, nor to Copernicus, nor to Luther, Descartes, or Machiavelli. Judgments of value must henceforth direct technological change, for without such values man is divested of his humanity and of his need to collaborate with the very fabric of the universe in order to bestow meaning, purpose, and dignity upon his existence.

In spite of the infinite obligation of men and in spite of their finite power, in spite of the intransigence of nationalisms, and in spite of the homelessness of moral passions rendered ineffectual by the technological outlook, beneath the apparent turmoil and upheaval of the present, and out of the transformations of this dynamic period with the unfolding of a world-consciousness, the purpose of *World Perspectives* is to help quicken the "unshaken heart of well-rounded truth" and interpret the significant elements of the World Age now taking shape out of the core of that undimmed continuity of the creative process which restores man to mankind while deepening and enhancing his communion with the universe.

RUTH NANDA ANSHEN

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