



# The Art of Being (Psychology/self-help)

*Erich Fromm*

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## **The Art of Being (Psychology/self-help) Erich Fromm**

How can we realize and actualize love, reason, and meaningful, productive work? Fromm here offers an Art of Well-Being, a way of living based on authentic self-awareness that comes only through honest self-analysis. He warns of the pitfalls of our attaining enlightenment without effort, or believing that life can be lived without pain. The tantalizing 'spiritual smorgasbord' offered by our consumer-oriented world, Fromm maintains, only feeds our illusions of 'easy awareness'. Confronting the psycho-gurus who preach these shortcuts to enlightenment, Fromm offers another way to self-awareness through meditation. If the Art of Being - the art of functioning as a whole person - can be considered the supreme goal of life, a breakthrough occurs when we move from narcissistic selfishness and egotism - from having - to psychological and spiritual happiness - being. The Art of Being is certain to be one of the most important and sought-after works in the Fromm canon for years to come. This volume is a sequel to one of Erich Fromm's most popular works, To Have or to Be. In this new book, Fromm examines the true paths - as opposed to false directions - that will lead us to self-knowledge and enlightenment.

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