

# QUOTE OF THE WEEK

“The main condition for the achievement of love is the overcoming of one's narcissism. The narcissistic orientation is one in which one experiences as real only that which exists within oneself, while the phenomena in the outside world have no reality in themselves, but are experienced only from the viewpoint of their being useful or dangerous to one. The opposite pole to narcissism is objectivity; it is the faculty to see other people and things *as they are*, objectively, and to be able to separate this *objective* picture from a picture which is formed by one's desires and fears.”

– Erich Fromm, The Art of Loving