

QUOTE OF THE WEEK

FROM “The Art of Loving”

“Love isn't something natural. Rather it requires discipline, concentration, patience, faith, and the overcoming of narcissism. It isn't a feeling, it is a practice.”

— **Fromm, Eric, The Art of Loving**

“Love is not primarily a relationship to a specific person; it is an attitude, an orientation of character which determines the relatedness of a person to the world as a whole, not toward one “object” of love. If a person loves only one other person and is indifferent to the rest of his fellow men, his love is not love but a symbiotic attachment, or an enlarged egotism. Yet, most people believe that love is constituted by the object, not by the faculty.”

— **Erich Fromm, The Art of Loving**

“Infantile love follows the principle: "I love because I am loved."

Mature love follows the principle: "I am loved because I love."

Immature love says: "I love you because I need you."

Mature love says: "I need you because I love you.”

— **Erich Fromm, The Art of Loving**