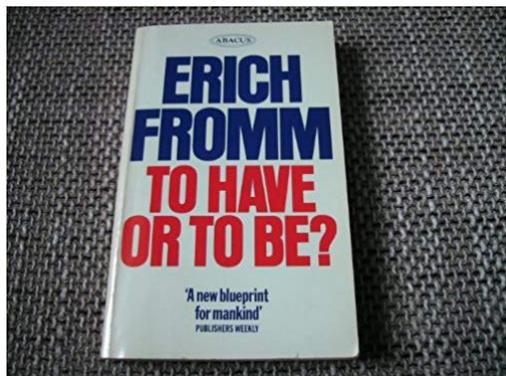


## To Have or To Be *by* Erich Fromm



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## Reviews of the *To Have or To Be* *by* Erich Fromm

### adventure time

Where to begin? This has to be one of my Top Ten favorite books. If you are unaware of who Erich Fromm was, do a quick Wikipedia search. It's pertinent. This is not an overly-abstract, philosophical read; it's easygoing, not too long, and it's insightful.

I FIRST read this as a recreational read in my twenties and it made a positive impression. Read this book and you'll be able to answer this question for yourself: What is the Point of Living: To Have or To Be?

In my twenties, I was most impressed with this quote (capitalization mine): "If you are what you HAVE and you lose what you have, what then are you? But if you are what you ARE and you lose what you have, no man controls your destiny."

Now, with 25+ years of REAL living behind me, I've seen the real-world impact of what Fromm describes as the true cost of the soul-crushing alienation of the obsessive "having" state typically pursued in our society. The end result of this lifestyle choice is not pretty: neither for individuals, nor for societies in general. Think "Crash of 2008" and its aftermath and re-alignment. Or think of your Best Friend who's out shopping for her 12th Cadillac, trying oh-so-desperately to keep ahead of the neighbors.

Fromm clearly spells out the choices inherent in HAVING or BEING and the polar opposite results those two pathways ultimately produce, in terms of neurosis, happiness, or the lack thereof. My older eyes see Fromm as a Utopian Idealist, but I still think this is a terrific guidebook for individual ethics, offering many deep insights into the Art of Living Well. Read it and get a healthy head start on Knowing Thyself.

### **Burking**

This author is my favorite. I read this book in the 1980's and went on to read 3 more books by Erich Fromm.

I recommend his books to anyone that wants insight into the American culture of capitalism and behaviors

from the American people's psyche. He's highly underrated or even non-existent as an author, by today's 20,30,and 40 year old's.

That's a real shame.

### **Gnng**

So true! We are where Fromm in the 70ies! pretty much had predicted we would be. Meticulous evaluation of capitalism and how limited resources (on our planet) do not correspond to unlimited growth the paradigm of capitalism.

### **Leceri**

Erich Fromm for me basically helps me learn how to live a better life.

For me, Otto Rank, William James, and Erich Fromm are the three psychologist which have had the most influence on me in my life. While it may not be possible to cover all of the latest research discovered in recent decades of the academic psychology research world, it would be possible for a lay person to basically get a much better understanding of the human condition from reading a couple of books from Fromm, and Rank.

### **Vikus**

Part of Erich Fromm's series on World Perspectives, this book takes a very fundamental look at the root of the world's problems (especially in the United States) and breaks it down to a very simple, logical choice of lifestyle; of which there are only two: a life of "having" or a life of "being." Throughout the book Fromm reasserts many of the major beliefs and practices of the two modes of thought, and although he clearly favors one over the other (as all good people should), he gives good examples of how humans are drawn into both of the classes, as well as how we can change.

In short, if you have been struggling with doubt or depression over many things you do in life and are ready to consider making profound changes for your essential happiness, try giving this book a read. I have already passed it among three of my friends and seen some substantial changes.

### **Manona**

I agree with other reviewers that the book should be read more than one time. I would add that it should be sipped like a fine brandy. In small sips and not gulped down.

We all have our favorite psychologists but Fromm is the creme de la creme of them all in my opinion. I especially enjoyed Chapter Six. The themes of security and insecurity, solidarity and antagonism, joy and pleasure, sin and forgiveness, fear of dying and affirmation of living, here and now and Past and Future are spot on.

## **Wतिकालते**

Erich Fromm's take on Meister Eckhart. Really good and still relevant.

I really liked this book and the point of it. Fromm does a very good job at making his points clear through examples. The whole book is centered on one point and hardly goes astray but for, in my opinion, some of the sections after the mid point. It's likely that I was being more defensive of religion than he was going off topic. I will admit that after reading the first few lines of those sections I knew that I wouldn't want to keep reading them because if I disagreed it might ruin the rest of the book for me.

Overall, this book makes me want to be a better person and offers the effect of soaking up the information into one's self so that it's not really a matter of remembering but a matter of being, which is the message of the whole book anyway.

It's a great read and there are a lot of points which would help the individual but there are also some points which would probably not serve one well in this society. I'll leave you to decide that on your own whether those points are good or bad.

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