



# **Psychoanalyse und Zen-Buddhismus: Psychoanalysis and Zen Buddhism (German Edition)**

*Erich Fromm*

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**Psychoanalyse und Zen-Buddhismus: Psychoanalysis and Zen Buddhism (German Edition)** Erich Fromm

Warum interessieren sich Psychotherapeuten für den Zen-Buddhismus? Was hat die im westlichen Denken beheimatete Psychoanalyse mit der östlich-mystischen Erlösungslehre des Zen zu tun? Gemeinsam ist ihnen, so Erich Fromm, das Interesse am Wohl-Sein und am Gelingen des Menschen.

Erich Fromm arbeitet in diesem Buch sowohl die Unterschiede als auch die Gemeinsamkeiten von Psychoanalyse und Zen-Buddhismus heraus. Er zeigt, wie beide Methoden zu weniger Verdrängung und gleichzeitig zu mehr Bewusstsein führen und sich somit auf eine ganz besondere und außergewöhnliche Weise ergänzen. Nirgends sonst hat Erich Fromm die Bedeutung der Psychoanalyse so überzeugend dargestellt wie in diesem Buch.

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