



Zum Verständnis von seelischer Gesundheit: The Humanist Concept of Mental Health (German Edition)

Erich Fromm

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Der Vortrag aus dem Jahr 1962 thematisiert drei psychische Pathologien, die sich bei immer mehr Menschen beobachten lassen und deshalb gesellschaftliche Wurzeln haben müssen. So leiden immer mehr Menschen unter einer meist grandiosen Vorstellung von sich selbst und werden wütend oder depressiv, wenn sie von der zumeist anders aussehenden Realität eingeholt werden. Andere werden sich selbst immer fremder und schlüpfen von einer Rolle in die nächste, um sich noch authentisch erleben zu können. Und immer häufiger kommt es vor, dass sich Menschen mehr vom Leblosen, Dinglichen, Technischen angezogen fühlen als vom Leben und Lebendigen, mehr von der Kontrolle über andere Menschen als vom Teilen und vom Miteinander. An den Pathologien des Narzissmus, der Entfremdung und der Nekrophilie illustriert Erich Fromm, welche gesellschaftlichen Ursachen seelische Erkrankungen haben können und wie man sie überwinden kann.

Aus dem Inhalt

- Der Narzissmus und seine Überwindung
- Die Entfremdung und ihre Überwindung
- Die Nekrophilie und ihre Überwindung
- Die gesellschaftliche Determiniertheit seelischer Gesundheit

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