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Sommario/riassunto	Renowned social psychologist Erich Fromm outlines a guide to well-being in the modern age Though laptops, smartphones, and TVs have in many ways made life more convenient, they have also disconnected us from the real world. Days are spent going from screen to machine, machine to screen. In The Art of Being, renowned humanist philosopher and psychoanalyst Erich Fromm draws from sources as varied as Sigmund Freud, Buddha, and Karl Marx to find a new, centered path to self-knowledge and well-being. In order to truly live, Fromm argues, we must first understand our purpose, and the places where we lost it. This ebook features an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author's estate.