

The Capacity To Be Alone Is The Capacity To Love

Olivia Laing

The Maturational Processes and the Facilitating Environment Donald Woods Winnicott, 1979

Romanticism and Modernity Thomas Pfau, Robert Mitchell, 2014-07-16 Though traditionally defined as a relatively brief time period - typically the half century of 1780-1830 - the Romantic era constitutes a crucial, indeed unique, transitional phase in what has come to be called modernity, for it was during these fifty years that myriad disciplinary, aesthetic, economic, and political changes long in the making accelerated dramatically. Due in part to the increased velocity of change, though, most of modernity's essential master-tropes - such as secularization, instrumental reason, individual rights, economic self-interest, emancipation, system, institution, nation, empire, utopia, and life - were also subjected to incisive critical and methodological reflection and reevaluation. The chapters in this collection argue that Romanticism's marked ambivalence and resistance to decisive conceptualization arises precisely from the fact that Romantic authors simultaneously extended the project of European modernity while offering Romantic concepts as means for a sustained critical reflection on that very process. Focusing especially on the topics of form (both literary and organic), secularization (and its political correlates, utopia and apocalypse), and the question of how one narrates the arrival of modernity, this collection collectively emphasizes the importance of understanding modernity through the lens of Romanticism, rather than simply understanding Romanticism as part of modernity. This book was previously published as a special issue of *European Romantic Review*.

The Art of Loving, 2024-08-27 The renowned psychoanalyst and social philosopher Erich Fromm has helped millions of men and women achieve rich, productive lives by developing their hidden capacities for love. In this astonishingly frank and candid book, he explores the ways in which this extraordinary emotion can alter the whole course of your life. Most of us are unable to develop our capacities for love on the only level that really counts—a love that is compounded of maturity, self-knowledge, and courage. Learning to love, like other arts, demands practice and concentration. Even more than any other art it demands genuine insight and understanding. In this classic work, Fromm explores love in all its aspects—not only romantic love, steeped in false conceptions and lofty expectations, but also love of parents, children, brotherly love, erotic love, self-love, and the love of God.

How to Be Alone Lane Moore, 2018-11-06 The former Sex & Relationships Editor for *Cosmopolitan* and host of the wildly popular comedy show *Tinder Live with Lane Moore* presents her poignant, funny, and deeply moving first book. Lane Moore

is a rare performer who is as impressive onstage—whether hosting her iconic show *Tinder Live* or being the enigmatic front woman of *It Was Romance*—as she is on the page, as both a former writer for *The Onion* and an award-winning sex and relationships editor for *Cosmopolitan*. But her story has had its obstacles, including being her own parent, living in her car as a teenager, and moving to New York City to pursue her dreams. Through it all, she looked to movies, TV, and music as the family and support systems she never had. From spending the holidays alone to having better “stranger luck” than with those closest to her to feeling like the last hopeless romantic on earth, Lane reveals her powerful and entertaining journey in all its candor, anxiety, and ultimate acceptance—with humor always her bolstering force and greatest gift. *How to Be Alone* is a must-read for anyone whose childhood still feels unresolved, who spends more time pretending to have friends online than feeling close to anyone in real life, who tries to have genuine, deep conversations in a roomful of people who would rather you not. Above all, it’s a book for anyone who desperately wants to feel less alone and a little more connected through reading her words.

Solitude Anthony Storr, 2005-10-03 Solitude was seminal in challenging the established belief that interpersonal relationships of an intimate kind are the chief, if not the only, source of human happiness. Indeed, most self-help literature still places relationships at the center of human existence. Lucid and lyrical, Storr's book cites numerous examples of brilliant scholars and artists -- from Beethoven and Kant to Anne Sexton and Beatrix Potter -- to demonstrate that solitude ranks alongside relationships in its impact on an individual's well-being and productivity, as well as on society's progress and health. But solitary activity is essential not only for geniuses, says Storr ; the average person, too, is enriched by spending time alone.--Back cover.

All About Love bell hooks, 2018-01-30 A New York Times bestseller and enduring classic, *All About Love* is the acclaimed first volume in feminist icon bell hooks' *Love Song to the Nation* trilogy. *All About Love* reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. “The word ‘love’ is most often defined as a noun, yet we would all love better if we used it as a verb,” writes bell hooks as she comes out fighting and on fire in *All About Love*. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society’s failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question “What is love?” her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The *Utne Reader* declared bell hooks one of the “100 Visionaries Who Can Change Your Life.” *All About Love* is a powerful, timely affirmation of just how profoundly her revelations can change hearts and

minds for the better.

How to Be Alone Sara Maitland, The School of Life, 2014-01-02 Our fast-paced society does not approve of solitude; being alone is literally anti-social and some even find it sinister. Why is this so when autonomy, personal freedom and individualism are more highly prized than ever before? Sara Maitland answers this question by exploring changing attitudes throughout history. Offering experiments and strategies for overturning our fear of solitude, she helps us to practise it without anxiety and encourages us to see the benefits of spending time by ourselves. By indulging in the experience of being alone, we can be inspired to find our own rewards and ultimately lead more enriched, fuller lives. One in the new series of books from The School of Life, launched January 2014: How to Age by Anne Karpf How to Develop Emotional Health by Oliver James How to Be Alone by Sara Maitland How to Deal with Adversity by Christopher Hamilton How to Think About Exercise by Damon Young How to Connect with Nature by Tristan Gooley

The Lonely City Olivia Laing, 2016-03-03 SHORTLISTED FOR THE GORDON BURN PRIZE Chosen as 'BOOK OF THE YEAR' by Observer, Guardian, Telegraph, Irish Times, New Statesman, Times Literary Supplement, Herald When Olivia Laing moved to New York City in her mid-thirties, she found herself inhabiting loneliness on a daily basis. Increasingly fascinated by this most shameful of experiences, she began to explore the lonely city by way of art. Moving fluidly between the works and lives of some of the city's most compelling artists, Laing conducts an electric, dazzling investigation into what it means to be alone, illuminating not only the causes of loneliness but also how it might be resisted and redeemed.

Strength to Love Martin Luther King, Jr., 2019-10-15 The classic collection of Dr. King's sermons that fuse his Christian teachings with his radical ideas of love and nonviolence as a means to combat hate and oppression. As Martin Luther King, Jr., prepared for the Birmingham campaign in early 1963, he drafted the final sermons for Strength to Love, a volume of his most well known homilies. King had begun working on the sermons during a fortnight in jail in July 1962. While behind bars, he spent uninterrupted time preparing the drafts for works such as "Loving Your Enemies" and "Shattered Dreams," and he continued to edit the volume after his release. Strength to Love includes these classic sermons selected by Dr. King. Collectively they present King's fusion of Christian teachings and social consciousness and promote his prescient vision of love as a social and political force for change.

The Philosophical Investor Gary Carmell, 2015-03-17 Living in Southern California, Gary Carmell has become very familiar with tectonic shifts: cataclysmic changes in the earth's crust that cause earthquakes and tsunamis. Carmell has also experienced numerous tectonic shifts in the economic landscape in his nearly thirty-year investing career. Correctly anticipating economic trends has allowed his real estate investment and management firm, CWS Capital Partners LLC, to grow from assets of \$250 million in the late 1980s to over \$3 billion today. CWS foresaw the collapse of manufactured housing in the late 1990s and anticipated a massive shift from homeownership to renting, prompting them to reposition

aggressively for growth in apartment construction and management. Carmell feels special pride in the results his company's delivers for its investors, as a result—long-term average annual returns exceed 13 percent—even during the Great Recession of 2007–2009. Navigating turbulent economic markets and experiencing his two-year-old son's near-fatal stroke has taught Carmell that real success requires not only financial acumen, but also deep reflection. He credits Shakespeare, Hume, and Schopenhauer as his mentors, with more modern sages like Buffett, Soros, and Munger also guiding his actions. In *The Philosophical Investor: From Wisdom to Wealth*, he shares the insights he has gained along the way in the hope of inspiring a new cadre of critical thinking investors.

Dog is Love Clive Wynne, 2019-09-24 'Utterly compelling' Telegraph 'Science finally reveals the dog's secret: the unique capacity for love that separates them from all other animals. Superb' - John Bradshaw, bestselling author of *In Defence of Dogs and Cat Sense* 'If you want to build an even stronger bond with your own dog, this book is a must read' - Victoria Stilwell, author of *The Secret Language of Dogs* _____ What makes dogs truly special? Why does our relationship with them feel so much more deep and intense than with other animals? Any dog owner knows that the bond with their dog is unique. The unparalleled loyalty and total devotion of a dog seems the stuff of true love - but is this a whimsical construction that bears little relation to reality? Through ground-breaking scientific experiments and eye-opening historical evidence, canine behavioural psychologist Dr Clive Wynne unlocks the secret to our unique bond with dogs: their capacity to love, an unprecedented attribute in the animal kingdom. In *Dog is Love*, Dr Wynne debunks the myth that dogs possess a unique form of intelligence. Instead, he shows that dogs are able to show sympathy and can respond to human emotions in a way that is truly remarkable. One particularly moving study shows that dogs' and their owners' hearts beat in synchrony, just as the hearts of a loving human couple do. Looking at the evolution of dogs, Dr Wynne points out that it was the wolves' ability to form relationships with mankind, becoming indispensable hunting companions, that enabled the depth of love and affection between dogs and humans that we know today. Dr Wynne shares his experiences of hunting with the Mayangna tribe in Nicaragua and the vital role played by their hunting dogs to shed light on what the early human-dog relationship might have looked like, and explains the science behind what really goes on when a young pup grows up in a human family. This is a delightful, heart-warming and fascinating analysis of the unique bond between humans and dogs, perfect for anyone who shares their home with their dog and wonders just how much they love you. It will change the way you interact with dogs and help you get the best out of them in a way that will be truly life-changing.

The People's Act Of Love James Meek, 2008-11-20 1919, Siberia . . . Deep in the unforgiving landscape a town lies under military rule, awaiting the remorseless assault of Bolsheviks along the Trans-Siberian railway. One night a stranger, Samarin, appears from the woods with a tale of escape from an Arctic prison, insisting a cannibal is on his trail. Only Anna, a beautiful young widow, trusts his story. When a local shaman is found dead suspicion and terror engulf the isolated

community, which harbours a secret of its own . . .

When You Love a Prodigal Judy Douglass,2019-09-17 Loving a prodigal is a long and desperate journey, filled with fear, worry, anger, self- recrimination. You wait for the phone call--will it be from jail or the hospital? You plead with your loved one. You search for help. You feel the shame. You cry out to God, How long, Lord? Author Judy Douglass knows these lovers of prodigals well. She is one herself and has created a large and growing community with others. *When You Love a Prodigal* is a collection of 90 essays--90 days of perspective on what God offers to you as you love your prodigal. At the end of each brief essay, response questions will help you process how God intends to use the wilderness journey to mold your spiritual life. You can work through it day by day, or you can read it straight through. Judy has traveled this road with her own prodigal--reading, learning, praying, and seeking God. Over and over he continued to give her wisdom, he sustained her, he covered her with grace, and he filled her with hope. May you, too, be strengthened and filled with hope as together you discover how God will take you through your own valley.

The History of Love Nicole Krauss,2012-06-28 Shortlisted for the Orange Prize for Fiction 2006 and winner of the 2006 Prix du Meilleur Livre Étranger, *The History of Love* by bestselling author Nicole Krauss explores the lasting power of the written word and the lasting power of love. 'When I was born my mother named me after every girl in a book my father gave her called *The History of Love*. . . ' Fourteen-year-old Alma Singer is trying to find a cure for her mother's loneliness. Believing she might discover it in an old book her mother is lovingly translating, she sets out in search of its author. Across New York an old man called Leo Gursky is trying to survive a little bit longer. He spends his days dreaming of the love lost that sixty years ago in Poland inspired him to write a book. And although he doesn't know it yet, that book also survived: crossing oceans and generations, and changing lives. . . 'Wonderfully affecting...brilliant, touching and remarkably poised' Sunday Telegraph 'A tender tribute to human valiance. Who could be unmoved by a cast of characters whose daily battles are etched on our mind in such diamond-cut prose?' Independent on Sunday 'Devastating...one of the most passionate vindications of the written word in recent fiction. It takes one's breath away' Spectator Nicole Krauss is an American bestselling author who has received international critical acclaim for her first three novels: *Great House* (shortlisted for the Orange Prize for Fiction 2011), *The History of Love* and *Man Walks into a Room* (shortlisted for the LA Times Book Award), all of which are available in Penguin paperback.

The Power of Love Fernando Santos-Granero,2020-08-22 An exploration of the moral use of knowledge among the Amuesga of Central Peru.

Loneliness as a Way of Life Thomas Dumm,2010-05-01 "What does it mean to be lonely?" Thomas Dumm asks. His inquiry, documented in this book, takes us beyond social circumstances and into the deeper forces that shape our very existence as modern individuals. The modern individual, Dumm suggests, is fundamentally a lonely self. Through reflections

on philosophy, political theory, literature, and tragic drama, he proceeds to illuminate a hidden dimension of the human condition. His book shows how loneliness shapes the contemporary division between public and private, our inability to live with each other honestly and in comity, the estranged forms that our intimate relationships assume, and the weakness of our common bonds. A reading of the relationship between Cordelia and her father in Shakespeare's *King Lear* points to the most basic dynamic of modern loneliness—how it is a response to the problem of the “missing mother.” Dumm goes on to explore the most important dimensions of lonely experience—Being, Having, Loving, and Grieving. As the book unfolds, he juxtaposes new interpretations of iconic cultural texts—*Moby-Dick*, *Death of a Salesman*, the film *Paris, Texas*, Emerson's “Experience,” to name a few—with his own experiences of loneliness, as a son, as a father, and as a grieving husband and widower. Written with deceptive simplicity, *Loneliness as a Way of Life* is something rare—an intellectual study that is passionately personal. It challenges us, not to overcome our loneliness, but to learn how to re-inhabit it in a better way. To fail to do so, this book reveals, will only intensify the power that it holds over us.

All Your Perfects Colleen Hoover, 2022-03-31 INSTANT NEW YORK TIMES BESTSELLER The #1 New York Times bestselling author of *It Ends with Us*—whose writing is “emotionally wrenching and utterly original” (Sara Shepard, New York Times bestselling author of the *Pretty Little Liars* series)—delivers a tour de force novel about a troubled marriage and the one old forgotten promise that might be able to save it. Quinn and Graham's perfect love is threatened by their imperfect marriage. The memories, mistakes, and secrets that they have built up over the years are now tearing them apart. The one thing that could save them might also be the very thing that pushes their marriage beyond the point of repair. *All Your Perfects* is a profound novel about a damaged couple whose potential future hinges on promises made in the past. This is a heartbreaking page-turner that asks: Can a resounding love with a perfect beginning survive a lifetime between two imperfect people?

Conversations on Love Natasha Lunn, 2025-01-28 “This book might just change your life” —Sunday Times “Wise, wonderful, moving and brilliant... will leave your heart in a much better place” —Stylist After years of feeling that love was always out of reach, journalist Natasha Lunn set out to understand how relationships work and evolve over a lifetime. She turned to authors and experts to learn about their experiences, as well as drawing on her own, asking: How do we find love? How do we sustain it? And how do we survive when we lose it? In *Conversations on Love* she began to find the answers: Dolly Alderton on vulnerability Stephen Grosz on accepting change Candice Carty-Williams on friendship Lisa Taddeo on the loneliness of loss Diana Evans on parenthood Emily Nagoski on the science of sex Alain de Botton on the psychology of being alone Esther Perel on unrealistic expectations Roxane Gay on redefining romance and many more...

How To Get Over A Boy Chidera Eggerue, 2020-02-06 Are you fed up with thinking about that guy every minute of every waking hour, when he doesn't even reply to your texts? Are you reeling from the pain of a break-up, unsure of where to turn?

Are you single and looking to be happy with your choices in the face of society's constant questioning? In *How to Get Over a Boy*, bestselling author Chidera Eggerue will show you, once and for all, how to reframe the stale goal of finding a man. She will equip you with tangible and applicable solutions for every part of your dating life, helping you recognise that men hold as much power in our romantic lives as we grant them. In the past, dating books tend to lean more into the territory of 'how to make him find you hot!', 'how to make him jealous!', 'how to get him to propose!'. But these how-tos are placing men on a pedestal of being 'the prize'. Men are NEVER the prize. You are. Let *The Slumflower* show you why.

The Power Within Tav Sparks, 2019-07-02 'The Power Within is a treasure trove of important information for people involved in self-exploration and healing, as well as individuals who facilitate and support their process. - Stanislav Grof, M.D., author of *Psychology of the Future*, *Healing our Deepest Wounds*, and *The Cosmic Game* and co-author of *Holotropic Breathwork* (with Christina Grof) Only by accessing the healing and spiritual potential of the power within, which Tav Sparks so eloquently describes, can we respond, both as individuals and collectively, to the challenges involved in the birthing of a globally inter-connected and loving world. - Rick Doblin, founder and executive director of the Multidisciplinary Association for Psychedelic Studies (MAPS) A sweeping review of contemporary psychological thought through a lens of direct experience... A valuable and innovative book. - Jim Fadiman, author of *The Psychedelic Explorer's Guide* In *The Power Within*, Tav shares a truth he has taught for decades... there is an Inner Healer within us all that, when met with awareness, cooperation and proper support, propels individuals and collectives into the fast lane for healing, consciousness, and empowerment. - Kylea Taylor, author of *The Breathwork Experience*, and *Considering Holotropic Breathwork* Both healers and seekers will find *The Power Within* a treasure of hard-won insights and observations from a lifetime of therapeutic work with non-ordinary states of consciousness. - Richard Tarnas, professor of psychology and cultural history, California Institute of Integral Studies *The Power Within* conveys the good news that expanded states of consciousness are more readily accessible than many of us may have suspected; in fact, in the right set and setting, expanded awareness is only a few breaths away. - Michael Mithoefer, M.D.

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