

**ERICH  
FROMM**

**MAN  
FOR**

**HIMSELF**

**An Inquiry  
into the  
Psychology  
of Ethics**

*"A fascinating volume . . . magnificent  
in implications, a new trend  
in the study of man."*

*—Saturday Review*

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# ERICH FROMM

author of  
ESCAPE FROM FREEDOM  
and  
THE ART OF LOVING

*"My experience as a practicing psychoanalyst has confirmed my conviction that problems of ethics cannot be omitted from the study of personality, either theoretically or therapeutically. The value judgments we make determine our actions, and upon their validity rests our mental health and happiness... I have written this book with the intention of reaffirming the validity of humanistic ethics, to show that our knowledge of human nature does not lead to ethical relativism but, on the contrary, to the conviction that the sources of norms for ethical conduct are to be found in man's nature itself; that moral norms are based upon man's inherent qualities, and that their violation results in mental and emotional disintegration.... If man is to have confidence in values, he must know himself and the capacity of his nature for goodness and productiveness."*

—Erich Fromm



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