



## To Love and Be Loved

By Sam Keen

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### To Love and Be Loved By Sam Keen

*To Love and Be Loved* is a spirited challenge to a culture obsessed with romance and intimacy but dangerously ignorant of the full range of human love. Like a fresh wind, Sam Keen sweeps away tired self-help nostrums and reams of "bad advice from Dr. Lonelyhearts" to reveal a stunningly new map of love in all its forms.

Love is not something we "fall" into, claims Keen, but a complex art combining many skills and talents that take a lifetime to learn fully. At the center of his book are sixteen distinct "elements of love": ranging from *attention*--a precious gift we can bestow on co-worker, friend, child, and spouse alike--to more exclusive gifts like *desire* and *sexuality*. Combining stories, poems and quotes with insights from modern psychology and spiritual tradition, Keen brilliantly explores the elements of *memory* and *solitude* in love, the importance of both *enjoyment* and *commitment*, and how we can cultivate the essential qualities of *empathy* and *compassion*. Each piece ends with suggestions for strengthening our daily practice of the element, so that we constantly enlarge our ability to love in all our relationships.

The final section of the book is a soaring meditation on the claim that "those who love know God," an invitation to experience our place in the universe through the eyes of love.

*From the Hardcover edition.*

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## To Love and Be Loved By Sam Keen Bibliography

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