

Eric Fromm, he explains giving and sharing, care with responsibility, respect and knowledge as the basic elements of active love. Shaking off the fetters of one's egoism by becoming more and more loving and lovable, the human existence becomes an adventure of love. All the more it becomes a heroic challenge to priests and Religious who make a wholehearted commitment to self-less service of God and of men at large.

The method followed is strictly experiential. The book provides a new and positive look at love in the light of modern psychology. Using a special poetic arrangement the set up as well as the presentation is very attractive. Every aspect of a new idea is illustrated with beautiful anecdotes and symbolic pictures, with thought provoking captions. The book is aimed to help reflection and meditation. Though the book appears simple in its literary style, it is not to be taken as some light reading. It is something to re-experience and to re-live in one's life-events. It helps one to reflect upon one's own psychological disposition of love. The book may at first sight appear to be trivial since it deals with a common topic of human experience called love. It is, however, a book which needs to be read with care as it is meant to serve as a guide for the readers to have some experience of real love.

*Mary Johnson*