



# Toward a Psychology of Being

*Abraham H. Maslow*

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## **Toward a Psychology of Being** Abraham H. Maslow

This book is a continuation of my *Motivation and Personality*, published in 1954. It was constructed in about the same way, that is, by doing one piece at a time of the larger theoretical structure. It is a predecessor to work yet to be done toward the construction of a comprehensive, systematic and empirically based general psychology and philosophy which includes both the depths and the heights of human nature. The last chapter is to some extent a program for this future work, and serves as a bridge to it. It is a first attempt to integrate the "health-and-growth psychology" with psychopathology and psychoanalytic dynamics, the dynamic with the holistic, *Becoming with Being*, good with evil, positive with negative. Phrased in another way, it is an effort to build on the general psychoanalytic base and on the scientific-positivistic base of experimental psychology, the Eupsychian, B-psychological and metamotivational superstructure which these two systems lack, going beyond their limits. It is very difficult, I have found, to communicate to others my simultaneous respect for and impatience with these two comprehensive psychologies. So many people insist on being either pro-Freudian or anti-Freudian, pro-scientific-psychology or anti-scientific-psychology, etc. In my opinion all such loyalty-positions are silly. Our job is to integrate these various truths into the whole truth, which should be our only loyalty.

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