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## Foreword

in B. Weininger and E.L. Menkin *Aging is a Lifelong Affair*

Erich Fromm  
(1978d-e)

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Dr. Ben Weininger is one of those psychoanalysts - and unfortunately there are not so many - who does not engage in highfalluting theoretical constructions but describes, and if possible explains, the very specific traits of the person he studies, and with whom he empathizes. In other words, he speaks only about what he can see in the other, and not about theoretical considerations from which one builds a construction of the other's personality. This is to say not only that Dr. Weininger is an honest man, but also that he has a penetrating clinical eye, which permits him to see unconscious processes without going into complicated theoretical constructions. It follows that Dr. Weininger can only write about what he has experienced, either himself or in the patient - and one only experiences something in the patient if one succeeds in finding the same trait, perhaps to a smaller degree, in oneself. Such a man can write a book about aging only in the process of aging, but something different holds true for the reader. While this book is very valuable for older people, I believe it is still more valuable for young people. The reason is very simple. To learn how to age must begin in one's youth. If one wants to learn it at a later age, it is probably too late because one has failed to develop in oneself the kind of personality which can experience aging without fear and with equanimity. Although paradoxically this book is one for young people, it would be absurd to say that older people will not be helped by it. It is never too late to see {06} new options and aspects; while it is better to see them earlier than later, there is no point in life at which discoveries cannot be made and be helpful. The book answers many questions without being in the least condescending or sensational. It will help in so far as the written word can help anybody - and we do know that progress in human development has mainly occurred through the power of the written word.