“Love and work are the cornerstones of our humanness” is a statement attributed to Sigmund Freud and, although it isn’t found in any of his writings, it inspired this study as a way to substantiate this maxim by the data derived from a cohort of African-American men, a group long marginalized in the psychoanalytic literature. As I began to unpack the data and actually “listen” to the life-narratives of the men in the sample, it became evident to me that the cohort exhibited varying degrees of imbalance between love and work in their lives. With a psychoanalytic framework in mind, the love/work environment became a derivative of the aggressive aspects of the id on one hand, and the family, friends and community environment became derivative of the narcissistic aspects of the id on the other hand. In other words, our aggressive tendencies, as human beings, find an outlet as they are sublimated in our love/work environment. And, in like manner, our narcissistic tendencies are sublimated as we start a family, develop a network of friends, and involve our self in the community in which we live. Needless to say, our time and attention must be applied, to both the cultivation of our relationships and our work identities, in order to maintain the level of gratification that we require from each of the two domains. Thus, the study evolved to become an inquiry into the juxtaposition of love and work as substantiated by the life-narratives, and the “life-arcs” (picture a negative parabola, opening down with its vertex at the top) that emanate from them, the participant cohort.