



## Literary Titan ★★★★★

*God's Labyrinth of Good and Evil: Encountering the Self* is Maria Liviero's exploration of the human psyche through a deep analysis of the many themes and characters presented in Genesis 1-3. This is a self-help book that uses an unconventional approach to inspect the human mind, trying to find ways to heal those individuals that are lost and are living inauthentic lives. The stories in the Bible say a lot about human nature and its history. Liviero makes a great point in studying these stories to figure out a connection through which we, as a species, can finally reconnect with God again and, even more important, with ourselves, discovering our true self that's constantly healing.

This book stands out for its creativity. First, we meet Eve and see directly all she went through. Then, metaphorically, it is explained how this original sin affected humanity as a whole and how all of us are trying to return to paradise. Liviero takes the reader on a journey where both psychological and religious themes are dealt with in an interconnected manner. The repressed history of humans is finally revealed after the study of Genesis 1-3, which helps to make sense of unresolved traumas and setbacks that most people have on a daily basis.

A few psychological definitions are explained, always presented in simple terms making the book easy to understand regardless of people's knowledge of psychology. In addition, the importance of myths and holy scriptures is suggested from the beginning, as these play an essential role in how our mind develops and how our personality grows. The dark side of humanity is thus displayed, where people have to put in the work to finally reconnect with themselves.

The author did a great job capturing these sorts of details with ease. There are also, apart from the regular reading, interactive exercises that encourage the readers to work on themselves, practicing the theory explained and asking reflective questions about who we are, what we want, and what we hide from the world and our own selves. By the end, the book serves as an aid to recognize and understand if one possesses a balanced or unbalanced life, checking to fix the internal problems wherever they may be.

*God's Labyrinth of Good and Evil: Encountering the Self* is a through-provoking book. The story showcased throughout the book was immersive and engaging. Despite the many theoretical facts presented, the author managed to create a story with characters that needed to be observed in order to understand how the process of healing the mind goes. This, alongside the religious undertones, gave the book an aura of uniqueness and creative thought.