



Readers' Favorite ★★★★★

Reviewed by Vincent Dublado

Maria Liviero's *Why We Make Bad Choices* is an insightful self-help guide using the Book of Genesis 1-3 as a metaphor for relating the author's life experiences to the characters and scenes of Genesis with Eve as the pivotal character—something that you will find relates to your own life as well. While others acknowledge the beginning of Genesis as well-constructed poetry that pays tribute to the story of Creation, this work is a deconstruction and analysis of Genesis's connection to philosophy and psychology. It has opened the gates for a personal interpretation of the nature of good and evil to understand oneself. From a Jungian approach, it addresses the three parts of the unconscious for you to understand how a sacred text can affect or impact the human psyche, which eventually leads to a significant transformation.

As a trained personal psychotherapist, Maria Liviero has seen important truths in the Book of Genesis. She uses its symbolic and metaphorical nature to decode its hidden meanings that apply to the reality of existence. She does this by exploring an example of how ancient myths, religion, folklore, symbols, and archetypes can influence who we are today. You will like the way Eve is represented in this self-help book, being a character in a parallel universe who becomes an observer of the past and present. Moreover, it gives a strong sense of engagement as it provides you with food for thought and reinforcement questions to help you find your unity, identity, and moral nature. Liviero profoundly ends her book with a very enticing invitation, stating that if you ever find yourself unbalanced, explore yourself so that you can return to Eden. *Why We Make Bad Choices* will be your roadmap.