

# Review of: "The Eden Complex: Transgression and Transformation in the Bible, Freud and Jung"

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**Potential competing interests:** No potential competing interests to declare.

The work appears to be a compelling and erudite exploration, skillfully weaving together elements of mythology and psychology within the context of the Eden narrative. While the analysis of the Eden and the Oedipus complex comparison is commendable, there is scope for refinement in the paper.

The study could benefit from an expansion of its theoretical framework beyond the confines of mainstream psychoanalysis. Incorporating Jean-Paul Sartre's Phenomenology and Existentialism/Existential Psychology could significantly enrich the understanding of autonomy and individuality within the narrative. For example, the choice made by Eve, influenced by the infernal serpent, can be understood as a manifestation of her "non-reflective" consciousness (centered on an external object, here, the serpent's instigation). Concurrently, however, her awareness of this decision, her "pre-reflective cogito," remains constant. Following the consumption of the forbidden fruit, both Eve and Adam engage in a "reflective/self-reflective" consciousness, leading to the development of a moral compass and the discernment of good and evil.

The consequences of their transgression eventually lead to a profound sense of authenticity, prompting a realization of self-accountability rather than reliance on divine responsibility. This shift from attributing actions to a higher power implies the emergence of individual agency and a departure from societal conventions, fostering a sense of personal autonomy. Individuals who embody such authenticity can lead a life free from "imitation," as discussed by Jung, forging their unique path through self-awareness and a willingness to learn from their "mistakes."

In light of this perspective, there exists significant potential for an in-depth exploration of the implications of the Eden narrative the article aims to elucidate, should the author consider further research or a prospective book project.

However, congratulations are there for the persuasive and meticulously crafted research presented by the author.

## References

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Sartre, J. P. (2012). *The Transcendence of the Ego* Hill and Wang.

