

The Mythic Journey: The Meaning of Myth as a Guide for Life

Liz Greene



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Greek gods, Norse heroes, Polynesian tricksters, and Native American warriors -- they all have lessons to teach us.

Since the beginning of time, human beings have relied on myths, fairy tales, and fables to explain life's mysteries and to elucidate human nature. Bringing a fresh perspective to these age-old tales, Liz Greene and Juliet Sharman-Burke reveal how modern audiences on their own life journeys can find comfort and support in the legends and lore of the past.

The Mythic Journey explores the psychological themes of many mythical traditions, recounting stories from Greco-Roman, Hebraic, Egyptian, Celtic, Norse, and various Eastern civilizations. More than fifty myths are beautifully retold, and each is followed by a psychological overview explaining the application the story can have in our own lives. The tales are further brought to life with striking artwork by Peter Paul Rubens, Gustav Klimt, Pierre-Auguste Renoir, William Blake, and many more artists who found inspiration in these stories.

The Mythic Journey is a handbook to human life, guiding readers from the conflicts of family and childhood, through problems of love, intimacy, and ambition, and ultimately to the point when we must face our own mortality. We discover that true self-knowledge comes through facing life's challenges with courage and strength; that beauty, talent, power, and wealth bring their own forms of suffering; and that in the darkness of loneliness, failure, and loss, we have always discovered new light and new hope.

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