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Have you ever asked yourself, "What is man?" or "What am I?" This question has puzzled humans since antiquity. It is still a matter of contention that most people do not bother to ask themselves—especially nowadays, which is characterized by a superficial, materialistic culture projected onto human individualistic immediate interests. However, truth seekers—as any mature man should be—and Christians in particular need to answer this question to find the right path to real happiness, a common goal of every human being.

The present book, written by Matthew Becklo and published by Word on Fire Catholic Ministries, can be considered a comprehensive and well-grounded Christian-enlightened attempt to answer that question. Man's nature is suspended between Heaven and Earth, surrounded by dilemmas that take shape in many forms. Without understanding the terms and implications of those dilemmas, it is difficult, if not impossible, to fully grasp the meaning of human nature.

The book is divided into three parts that delve into three central dilemmas, namely: (1) the Dilemma of Life, (2) the Dilemma of Philosophy, and (3) the Dilemma of Christianity. As for the first, man—unlike brute animals—is both material and spiritual; as for the second, he is rational and endowed with free will; as for the third, he is not meant for this world, yet is not in Heaven. The contradictions, sins, and errors experienced by human beings in their lives spring from the inability to compose and harmonize, in some way, those dilemmas. Either we forget we are body and soul, or are incapable of transforming the virtues into facts, or we do not fully allow God's grace to elevate our human nature to its supernatural dimension.

But here comes the Good News. The incarnated *Logos*, Jesus Christ—whom the author calls *the Way*, emulating John 14:6—comes to reconcile the divisions caused by our human nature wounded by original sin and the work of the devil (the name *diabolos* meaning *scatterer*, the great divider, in contrast with God, the great gatherer, p. 6), as the Scripture says: "To

reconcile all things in Him" (Eph. 1:10 & Col. 1:20) and *"For He is our peace, He who made both one and broke down the dividing wall of enmity"* (Eph. 2:14).

This book is also a remarkable synthesis of many historical events, with particular emphasis on heresies that have appeared both in antiquity and in modernity, and their interconnections. In this regard, the book allows readers to reflect on how old heresies still have a grasp in the present time. Among them are Gnosticism, Arianism, Manicheism, Pelagianism, Fideism, Rationalism, Jansenism, and many others.

The book is a helpful guide in exposing these doctrinal deviations synthetically, but at the same time without omitting their dangerous, digressive ideas—often presented in subtle, partial truths but forged by *"human cunning and craftiness, leading people into error"* (Ephesians 4:14). The author has the uncommon merit of exposing them with orthodox clarity and precision, to the point that he makes some problematic philosophical and theological concepts comprehensible to non-expert readers, and especially brings an authentically Christian light to the doubts and anxieties often caused by the contradictory human nature—wounded by original sin and the trials of life.

The book is an outstanding, doctrinally reliable, and accessible resource for any Christian—or for anyone—in search of moral-philosophical-theological clarity about the conflictual nature of man, torn between Earth and Heaven, in this era of confusion, uncertainty, and polarization that has penetrated even the Catholic Church.