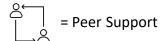


Keys to Break Free!

This resource is courtesy of footstepsorg.org. Please email theliberatiteam@qmail.com to add a resource to this collaborative reference list



= Organization





= Media

Organizations:

- 1. Freedom from Religion (https://ffrf.org/)
- 2. Got Out (http://www.igotout.org/)
- 3. Recovering From Religion

 (https://www.recoveringfromreligion.org/hotline-project-support/hotlineproject-training/religious-trauma-syndrome)
- 4. Religious Trauma Institute (https://www.religioustraumainstitute.com/)
- 5. Freedom of Mind (https://www.freedomofmind.com)
- 6. Witnessing Freedom Foundation (https://witnessingfreedom.org/)

Social Media:

- 7. Formerly Fundamentalists Facebook Group

 (https://www.facebook.com/groups/154924288039752)
- 8. Formerly Religious Facebook Group

 (https://www.facebook.com/groups/FormerlyReligious)
- 9. Exittors Subreddit (https://www.reddit.com/r/Exittors/)
- 10. Religious Trauma Subreddit (https://www.reddit.com/r/ReligiousTrauma/)









Books/Movies/Podcasts:

- 11. D Leaving the Fold by Marlene Winell
- 12. Combatting Cult Mind Control by Steven Hassan
- 13. Crisis of Conscience by Raymond Franz
 (https://www.amazon.com/Crisis-Conscience-struggle-between-religion/dp/0999499211)
- 14. Leaving the Witness by Amber Scorah

 (https://www.amazon.com/Leaving-Witness-Exiting-Religion-Finding/dp/0735222541)
- 15. Cracking the Cult Code for Therapists: What Every Cult Victim Wants Their Therapist to Know by Bonnie Zieman
- 16. Emancipate Your Mind (https://emancipatedcoaching.com/)
- 17. (▷) Freethought Radio (https://ffrf.org/news/radio)
- 18. () Godless Mom Podcast (https://www.godlessmom.com/podcast)
- 19. \(\bar{\rightarrow} \) The Forbidden Apple Podcast (https://www.theforbiddenapplepodcast.com/)
- 20. A Little Bit Culty (https://alittlebitculty.com/episodes)
- 21. Steve Hassan interviews a former JW Elder

 (https://freedomofmind.com/blog-understanding-jehovahs-witnesses-with-isaac-carmignani/)

Jehovah's Witnesses:

- 22. The Liberati (https://www.facebook.com/groups/1927330787467957/)
- 23. Empowered Minds (https://www.facebook.com/groups/1412960118760984/)
- 24. Ex- Jehovah's Witness Subreddit (https://www.reddit.com/r/exjw/)
- 25. Surviving Paradise (https://www.youtube.com/@survivingparadisepodcast)

Judaism:

- 26. Footsteps [NY] (https://footstepsorg.org/)
- 27. OTD Facebook group (main) (https://www.facebook.com/groups/offthederech/)









28.

Formerly Religious Jews Subreddit (https://www.reddit.com/r/exjew/)

Mormon/LDS:

29. ڳ

New York Region- Mormon Support Group Facebook Group

(https://www.facebook.com/groups/135190789886674)

30. ద్రా

Ex-Mormons Subreddit: https://www.reddit.com/r/exmormon/

Muslim:

31.

Free Hearts Free Minds (https://www.freeheartsfreeminds.com/)

32. ______

Ex-Muslim Subreddit (https://www.reddit.com/r/exmuslim/)

Scientology:

33.

The Aftermath Foundation https://theaftermathfoundation.org/



