



## RESOURCE LISTS

*\*All lists are provided as a general reference for those leaving their environment and are not an endorsement by The Vashti Initiative. Nor are the lists meant as a condemnation against any group, religion, or brand of Faith. The resources are simply provided to allow an individual a chance to find their own way in their healing journey.*

# BOOKS

*\*The categories on this list are not representative of the groups as a whole but rather represent religious/spiritual groups where some individuals have experienced an adverse religious environment.*

## SPIRITUAL ABUSE

1. [Searching for Sunday...](#) by Rachel Held Evans
2. [Inspired:...Loving the Bible Again](#) by Rachel Held Evans
3. [Leaving the Fold...](#) by Marlene Winell
4. [The Subtle Power of Spiritual Abuse...](#) by David R. Johnson
5. [Toxic Faith...](#) by Stephen Arterburn
6. [Broken Trust...](#) by F. Remy Diederich

## SURVIVOR STORIES

### BRETHREN

1. [Exclusive Pedigree...](#) by John L. Fear
2. [Breakout...](#) by David Tchappat
3. [In the Days of Rain...](#) by Rebecca Scott

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## CATHOLIC

1. [Once a Catholic...](#) by Peter Occhiogrosso
2. [Why We Walked Away...](#) by William Overstreet Field
3. [Heretic: Confessions of an Ex-Catholic Rebel](#) by Jerome Tuccille

## EVANGELICAL

1. [You Are Your Own](#) by Jamie Lee Finch
2. [Pure: Inside the Evangelical Movement...](#) by Linda Kay Klein
3. [Crazy for God...](#) by Frank Shaeffer
4. [Sex, Mom, and God...](#) by Frank Schaeffer

## FUNDAMENTALIST CHRISTIAN

1. [I Fired God...](#) by Jocelyn Zichterman
2. [Unfollow: ...Westboro Baptist Church](#) by Megan Phelps Roper
3. [Girl at the End of the World...](#) by Elizabeth Esther

## FUNDAMENTALIST MORMON

1. [The Witness Wore Red](#) by Rebecca Musser
2. [Educated](#) by Tara Westover
3. [Confessions of an Unrepentant Lesbian Ex-Mormon...](#) by Sue-Ann Post
4. [Breaking Free...](#) by Rachel Jeffs

## JEHOVAHS WITNESS

1. [Leaving the Witness...](#) by Amber Scolah
2. [How to Leave a Cult...](#) by Neil Gardner
3. [The Truth Book...](#) by Joy Castro
4. [Awakening of a Jehovahs Witness](#) by Diane Wilson
5. [Inside/Outside...](#) by Jenny Hayworth

## SCIENTOLOGY

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1. [Going Clear...](#) by Lawrence Wright
  2. [Beyond Belief...](#) by Jenna Miscavige Hill
  3. [Inside Scientology...](#) by Janet Reitman

## OTHER

1. [Daughter of Gloriavale...](#) by Lilia Tarawa
2. [Broken Faith...](#) by Mitch Weiss
3. [Heavens Harlots...](#) by Miriam Williams

## CULT RECOVERY

1. [Combatting Cult Mind Control...](#) by Steven Hassan
2. [Recovery from Cults....](#) by Michael D. Langone
3. [Captive Hearts, Captive Minds...](#) by Madeleine Landau Tobias

## HISTORY OF RELIGION

1. [God: A Human History](#) by Reza Aslan
2. [A History of God...](#) by Karen Armstrong
3. [The Battle for God: History of Fundamentalism](#) by Karen Armstrong
4. [Virgin: The Untouched History](#) by Hanne Blank