

Resources

A selection of books, websites, and communities for those leaving religion, especially high-demand groups. Inclusion here is not an endorsement of every viewpoint, but an invitation to explore what may support your journey.

Education & Support Websites

Cheetah House – Evidence-informed support for individuals experiencing meditation-related distress, spiritual abuse, or harm from spiritual communities.
<https://www.cheetahhouse.org/>

Tears of Eden – Resources and community support for survivors of spiritual and religious trauma.
<https://www.tearsofeden.org/>

Recommended Books

No Nonsense Spirituality. Hartley, Brittany. (Self-published/Indie)
A grounded, humorous, and wise guide for spiritual seekers navigating post-religious life with discernment.

Done: How to Flourish After Leaving Religion. Finley, Jeff.
Practical and hopeful insights for life beyond institutional faith.

For Small Creatures Such as We: Rituals for Finding Meaning in Our Unlikely World. Sagan, Sasha.
A poetic exploration of wonder, meaning, and ritual when God is absent.

Uncultured: A Memoir. Mestanek, Daniel.
A personal narrative of religious exit and spiritual reawakening outside the confines of faith.

Surviving Modern Yoga: Cult Dynamics, Charismatic Leaders, and What Survivors Can Teach Us. Remski, Matthew. North Atlantic Books, 2024.

Strange Rites: New Religions for a Godless World. Davies, Jeff.
Examines contemporary spiritual movements and cultural reinventions in a post-religious landscape.