

## 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.