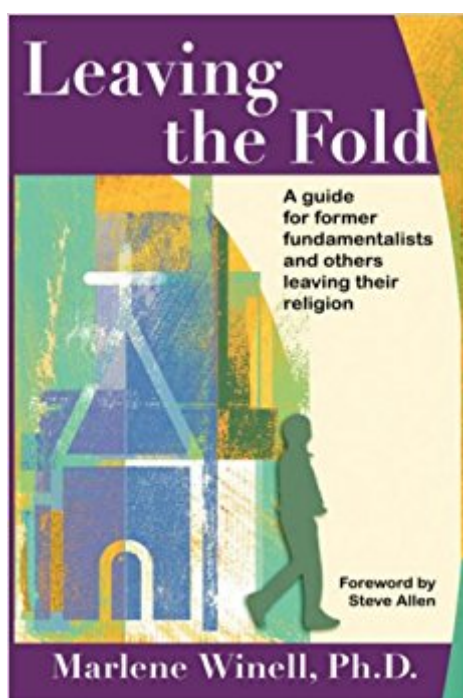


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# Leaving The Fold: A Guide For Former Fundamentalists And Others Leaving Their Religion



## Synopsis

This book by psychologist Marlene Winell provides valuable insights into the dangers of religious indoctrination and outlines what therapists and victims can do to reclaim a healthier human spirit... Both former believers searching for a new beginning and those just starting to subject their faith to the requirements of simple common sense, if not analytical reason, may find valuable assistance in these pages. -Steve Allen, author and entertainer

## Book Information

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## Customer Reviews

Winell, daughter of a missionary and now a psychologist, had a genuine "born again" Christian experience and then much later went through another rebirth and found herself apart from that tradition. Although she criticizes fundamentalism for its rigidity, militancy, authority, and strong opposition to modern culture, she focuses on understanding and rebuilding, addressing herself not only to fundamentalists (Christian, Jewish, and Muslim) who feel the call but also to those who left and then realize, perhaps years later, that they need to think through the hold that religion still has on their lives. She then addresses issues of healing, reclaiming buried feelings, finding and loving oneself, and growing. Highly recommended for seminary and public libraries. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

As a retired mental health professional and someone who has dealt some with this subject matter on occasion - people trying to break away from fundamentalist religions and religious cults such as the Jehovah's Witnesses and Mormons, "Leaving the Fold" is an invaluable resource and very

thoughtfully written. It provides a lot of food-for-thought and assists those who want or need to break-away from these caustic environments to make informed decisions regarding the pros and cons of their pending actions.

An excellent work on what can happen to some people who practice Christianity. The what to do about it section is typical self-help (mostly inner child stuff) that may or may not work for a person. But the effects of Christianity sections are fantastic. The work is insightful and supportive. I highly recommend to those that are struggling with Christianity.

There's a gap between "I can't go back to where I came from" and "I have no idea what happens next, and I'm losing my mind." Marlene builds a bridge to help us across that gap that is sturdy, concise, succinct, smart, humorous, authentic, and kind. I don't know where we'd be without it.

I saw this book and I thought, yeah, I worked out all those issues long ago. Uh ... maybe not. This book is so thorough that it has actually stirred up a lot, but it's a good thing, and a lesson to me. If you have any issues with religion you will get a lot out of this book!

I am 25% of the way through this book. I wish I wish I wish I had this book 20 years ago when I started having doubts about my fundamental Christian beliefs. I could have avoided a lot of serious pain and heartache. For those of you with doubts about your beliefs, please please read this book. There is hope. I can't tell you the \*relief\* I feel to know that I am not alone, that my issues from the last 20 years aren't because I'm inadequate in some way, but because of the indoctrination that I received as a child.

I enjoyed this book very much after leaving a fundamentalist religion. If nothing else, just knowing that many other people have experienced the same trauma is enlightening and therapeutic. The book contains many insights regarding the nature of absolutism and its effects on the psyche. Recommended.

This book was vital to my recovery from fundamentalism, helping me understand it from a pathology perspective. At the risk of sounding trite, I'd say it was life-changing. Highly recommended (and well-written, too).

Marlene Winell writes from her own experience and this permeates every page. Leaving a fundamentalist mind-set is a long, harrowing process which takes its toll on many levels - emotionally, socially, intellectually and not least spiritually. Marlene struggled with this painful process herself for many years and has found her own place within these complexities. With great empathy, excellent analytical skills and a true understanding of the fundamentalist mind-set, her book provides a valuable guide to the spiritual seeker who knows that the only way is out but not where it will lead or at what cost...Highly recommended.

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