
FOR IMMEDIATE RELEASE

Local Author Janice Selbie Becomes a Best-Seller with *Divorcing Religion: A Memoir and Survival Handbook*

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Janice Selbie has reached a milestone with the success of her recent book, *Divorcing Religion: A Memoir and Survival Handbook*, which quickly became a best-seller in 7 categories including *Religious Studies – Psychology* and *Religious Fundamentalism* on Amazon. This powerful memoir not only chronicles the author's personal journey of leaving organized religion but also serves as an essential survival guide for anyone navigating the complex and often painful process of leaving their faith-based identity, community, and world view behind.

In *Divorcing Religion*, Ms. Selbie blends deeply personal narrative with practical advice. Offering a roadmap to freedom, healing, and self-discovery to individuals who choose to leave a religious system that once provided their foundation.

"I wrote *Divorcing Religion* for anyone who feels lost, isolated, or uncertain after leaving a religious tradition," said Ms. Selbie. "This book is for those seeking understanding, support, and practical steps to reclaim their autonomy. It's not just about breaking away from a faith—it's about embracing a new way of living that honors personal truth and freedom."

On its release, *Divorcing Religion* topped the charts in

- Religious Fundamentalism
- Inspirational Books
- Religious Studies – Psychology
- Christian Fundamentalism
- Hot New Releases in Christian Fundamentalism
- Inspirational E-books
- New Releases in Religious Studies
- Inspirational Personal Testimonies

It received rave reviews for its honesty, empathy, and actionable advice. Readers have described it as a "life-changing" and "healing" read that has helped them process their own spiritual and emotional journeys.

Key Highlights of the Book:

- **Personal Narrative:** A heartfelt memoir detailing the author's experiences of religious deconstruction, including the pain, confusion, and eventual liberation.
- **Practical Survival Handbook:** Step-by-step advice on how to rebuild life after religious trauma, including coping mechanisms, finding new community, and creating a fulfilling life outside traditional faith structures.
- **Empowerment & Healing:** Insightful strategies to help individuals reclaim their identity, purpose, and emotional well-being after leaving religion.

Divorcing Religion is more than just a book—it's a movement toward personal autonomy and a reminder that neither religion nor spirituality are required for a happy and rewarding life. Purchase a copy now at [Amazon](#) and join us ___when/where___ for the launch party!

About the Author

Janice Selbie is a Registered Professional Counsellor and religious trauma recovery coach. A former Christian fundamentalist, she now hosts the Divorcing Religion Podcast and founded CORT: The Conference on Religious Trauma and the Shameless Sexuality: Life After Purity Culture Conference.

For media inquiries, interviews, or more information, please contact:

Janice Selbie

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