

Janice Selbie

Best-Selling Author of
DIVORCING RELIGION

A Memoir and Survival Handbook

What happens when your entire worldview crumbles?

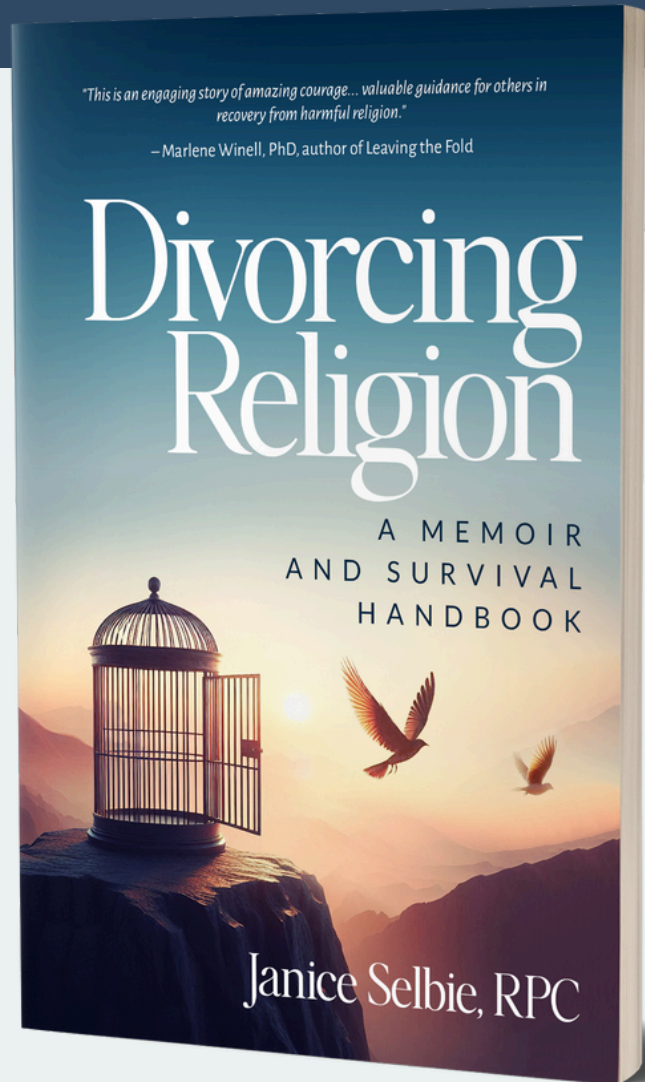
Best-selling author Janice Selbie takes readers on a candid journey through the heart of fundamentalist Christianity and out the other side in this compelling memoir and practical guide.

From devout believer to religious trauma recovery expert, Selbie shares her experiences with unflinching honesty and unexpected humor.

In *Divorcing Religion*, Janice recounts:

- Growing up in an evangelical household
- Her struggles with purity culture and identity
- The crisis of faith that led to leaving religion behind
- Her sometimes messy path to rebuilding a life beyond belief

But *Divorcing Religion* offers more than just a personal story. Drawing from her expertise as a registered professional counselor specializing in religious trauma, Selbie provides a comprehensive "Survival Handbook" for those breaking free from religious indoctrination. This book is an invaluable resource for anyone questioning their faith, healing from religious trauma, or curious about life after fundamentalism.





Janice Selbie, Before and After

Janice Selbie is a Registered Professional Counsellor who founded **CORT: the Conference on Religious Trauma** and the **Shameless Sexuality: Life After Purity Culture** conference. In addition to working 1:1 with clients, Janice hosts the Divorcing Religion Podcast. Her recent book, *Divorcing Religion: A Memoir and Survival Handbook*, is an Amazon bestseller.

Janice's contributions to the field of religious trauma recovery are well respected. She has helped many clients Divorce Religion and find freedom from fundamentalism. She is passionate about the topic of Religious Trauma Syndrome and encouraging survivors to explore what the secular world has to offer.

Janice has interviewed well-known atheists and humanists like author Margaret Atwood, "The Thinking Atheist" Seth Andrews, religious trauma pioneer Dr. Darrel Ray, and religious trauma survivors like Yasmine Mohammed (author of *Unveiled*).

Janice Selbie
www.divorcing-religion.com

Sample Questions For the Interviewer

1. Your parents were evangelical Christians, but you became far more fundamentalist than they were. Why is that? What eventually caused you to question everything you had been taught to believe?
2. In the book, you discuss how wearing head coverings and long dresses was part of your journey into extreme fundamentalism. What drove you to embrace increasingly strict religious rules?
3. You write about sitting alone watching an old war movie and saying: "I don't even believe in You (God) anymore!" Was it scary to come to that conclusion? Did you become an atheist then?
4. As someone who now helps others recover from religious trauma, what are the most common struggles you see in people trying to build an identity outside of their former faith?
5. You write candidly about exploring sexuality and relationships after leaving religion. How does religious Purity Culture continue to impact people even after they've left their faith?
6. The book discusses how you maintained a friendship with your ex-husband after divorce. What advice would you give to others trying to navigate family relationships after leaving religion?
7. You founded the Conference on Religious Trauma (CORT) and the Shameless Sexuality: Life After Purity Culture conference. What made you realize there was a need for this type of gathering?
8. In the book, you share how you moved from Christianity to New Age spirituality before embracing skepticism. What was that journey like? Are you spiritual now?
9. You write about divine trauma bonding and compare it to Stockholm Syndrome. Can you explain this concept and why it makes leaving religion so difficult?
10. The book includes both memoir and practical exercises for recovery. What made you decide to combine these formats?
11. Your memoir did not always paint you in the best light. What was it like to expose your infidelity and open yourself to potential criticism?
12. How do you help people overcome the religious shame that you discuss throughout the book?
13. You discuss how your own parenting was impacted by religious beliefs. How do you now approach those earlier decisions with your daughters?
14. What advice would you give someone trying to build new communities after leaving religion?
15. The book ends with warnings about falling into other dogmatic thinking patterns. How can people protect themselves while exploring new beliefs and ideas?

Amazon Reviews

★★★★★ **This is the book I needed 20 years ago!**

Reviewed in Canada on December 6, 2024

Verified Purchase

This book is a must read for anyone who's been disillusioned, harmed or even broken by religion. Following Janice's path as she fell into the clutches of fundamentalist religion was as devastating as it was infuriating. Her journey spoke volumes about the power of the coercive control and indoctrination that hides in our midst. When she finally broke free and spread her wings, I was gobsmacked by her bravery and resilience. No matter what obstacles (and there were many), she persisted. Janice is a woman who has reclaimed the power and has turned her pain into purpose. Recovering from and even "Divorcing" religion is not for the faint of heart. This book will be a valuable guide for so many as they find their way towards freedom.

★★★★★ **Personal and Relatable**

Reviewed in the United States on December 7, 2024

Verified Purchase

Janice's writing style brings a personal touch to the subject of Religious Trauma. If you are looking for help in your struggles with life after "divorcing religion", I would highly recommend this book. Her life story and eventual enlightenment brings real life and relatable insight to anyone going through this experience. Thanks Janice for sharing your story with the world. Because of you, many people will survive and flourish in their new lives.

★★★★★ **Wow - what an amazing journey!**

Reviewed in Canada on December 5, 2024

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The author relates a fascinating story of finding personal freedom after being raised in the confines of a world of judgement and narrow points of view. After leaving the only community she ever knew, she embarks on a long journey of self-discovery, which is fraught with extreme highs and lows. ACoRN is the best acronym ever! Spoiler Alert - happy ending!

TO SCHEDULE AN INTERVIEW, CONTACT:

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