



Leaving Your Religion: A Practical Guide To Becoming Non-Religious

James Mulholland

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If you've considered leaving your religion, you are not alone. Each year over two million adults in the United States decide to no longer identify themselves with a specific religion. In 2012, according to the annual Pew Forum American Religious Identity Survey, over 45 million (20%) of the adults in the United States no longer claimed a religious tradition. For a variety of reasons, many are discovering religion doesn't work for them any longer. Unfortunately, for those becoming post-religious, there is very little being written by them or for them. In this book, James Mulholland – a former Christian minister and author of several best-selling religious books – offers practical advice to those struggling to make the shift from a religious to a non-religious life. Regardless of your religious background, there are common challenges in this transition. Understanding your losses, obstacles and opportunities can ease your pain and speed your development as a post-religious person. Leaving Your Religion guides those leaving a religious tradition through the process of leaving home, walking away and moving forward. When you think about your religious life or your understanding of God, if you struggle with persistent doubts, growing discomfort and feelings of sadness or anger, Leaving Your Religion may be for you. If you're already journeying away from religion, it may be a helpful travel guide. The book provides direction for those on the cusp of leaving, those who've walked away and those who – though they've left their religion - still struggle with sadness or anger. There are questionnaires, reflection questions, exercises, quotes and advice for the journey away from religion. Leaving Your Religion offers a gentle word of encouragement and hope for those seeking to create a non-religious life.

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