

"If there is one guiding principle in this book,
I think it had better be: 'Don't Trust Anyone.' The great lesson here
about this thing called life, the only responsibility, the only effort,
I have that ever made sense is to not believe in belief."

—JENNIFER LOUISE HARRIS, *Author*

Author of *When Did I Stop Loving You?* and *Therapy for My Mother's Career*

RELEASING THE BONDS

Empowering People
to Think for Themselves

STEVEN HASSAN

America's Leading Cult Counselor

Releasing The Bonds Empowering People To Think For Themselves

Douglas E. Cowan



Releasing The Bonds Empowering People To Think For Themselves:

Releasing the Bonds Steven Hassan, 2000 Based on insider knowledge years of scientific study and the author's frequent workshops the book offers a noncoercive legal model for helping victims of mind control showing practical ways to recognize the signs of a destructive relationship and to undo the residual effects of cult involvement

Freedom of Mind: Helping Loved Ones Leave Controlling People, Cults, and Beliefs Steven Hassan, PhD, 2022-06-22 In the post 9/11 world people are more susceptible than ever to charismatic figures who offer simple black v white us v them good v evil formulaic solutions The rise of the Internet increasingly sophisticated knowledge about how to influence and manipulate others and the growing vulnerabilities of people across the planet make for a dangerous potentially devastating combination Steven Hassan's new book *Freedom of Mind* provides the knowledge and awareness needed to help yourself and loved ones avoid or escape from such dangerous people and situations This must read volume is a significantly updated and revised edition of Hassan's groundbreaking *Releasing the Bonds* 2000 People who read and benefitted from that book and also his earlier book *Combatting Cult Mind Control* 1989 will want to read Hassan's latest It provides an up to the minute guide to the reality of undue influence the preferred term for mind control in the post 9/11 era Unstable Global Environment Enhances Dangers of Unethical Control The world has changed greatly in the last decade The rise of the Internet the emergence of global terrorism and of dangerous totalistic ideologies and the shifts in global markets these and other changes have created new opportunities for unscrupulous individuals groups and institutions to exert unethical control over others *Freedom of Mind* exposes the techniques and methods that individuals cults and institutions of all types religious business therapeutic educational governmental use to undo a person's capacity to think and act independently Individuals More Vulnerable than Ever The Internet is now the primary vehicle for recruitment and indoctrination It is also a means for spreading sophisticated information about social psychology hypnosis and other techniques of social control which are being used in ways both effective and dangerous by influence professionals Meanwhile people are becoming increasingly vulnerable Sleep deprived overweight and looking to improve themselves overloaded with often frightening images and information anxious about the current economic decline climate change and government corruption on all levels People are more susceptible than ever to charismatic figures who offer simple black v white us v them good v evil formulaic solutions These factors the rise of the Internet increasingly sophisticated knowledge about how to influence and manipulate others and the growing vulnerabilities of people across the planet make for a dangerous potentially devastating combination *Freedom of Mind* Provides Help for Yourself a Loved One or a Friend Hassan's new book *Freedom of Mind* aims to fill the gap It identifies and explains how to identify and evaluate potentially dangerous groups and individuals Hassan details his groundbreaking approach the Strategic Interactive Approach which can be used to help a loved one leave such a situation Step by step Hassan shows you how to evaluate the situation interact with dual identities develop communication strategies using phone calls letter writing and

visits understand and utilize cult beliefs and tactics use reality testing and other techniques to promote freedom of mind He emphasizes the value of meeting with trained consultants to be effectively guided and coached and also to plan and implement effective interventions The best way to protect yourself and your loved ones is knowledge and awareness

Positive Magic Marion Weinstein, 2025-09-12 A rare gem One of the only magical self help books that is beautiful moral and wise Marion s methods of working have greatly influenced my life Margot Adler author of Drawing Down the Moon Written by one of America s Witch elders this revised and expanded edition of this beloved classic can enrich the spiritual practice of longtime practitioners as well as those beginning their explorations of magical realms Selena Fox High Priestess Circle Sanctuary Psychotherapist Shamanic Healer Well written and fascinating Positive Magic is a book you must read and keep by your side Weinstein explains what you need to know and does it in a way that keeps you all the way through An intelligent approach to using magic in your life Merlin Stone author of When God Was a Woman and Ancient Mirrors of Womanhood Here is a new edition of one of the best loved introductions to magic that is still used in metaphysical classes around the world The author makes ancient magic techniques accessible offering them as practical tools for daily life Addressing the needs of today s readers beginners and adepts alike the author provides well researched historical background on astrology witchcraft tarot and the I Ching as well as channeling spirit contact and the connections between quantum physics and traditional magic

Whispering in the Daylight Debby Schriver, 2019-01-23 Beginning in the 1960s in California erstwhile music producer Tony Alamo became interested in authoritarian religion and along with his charismatic wife Susan began gathering followers By the 1970s Tony Alamo Christian Ministries had established particularly strong footholds in Arkansas as well as maintaining outposts in California The ministry gained a legion of followers with branches not only in the USA but in places as diverse as Africa and Sri Lanka Even through their leader s eventual imprisonment under federal charges related to transporting minors across state lines for sexual purposes Alamo s vision survived and his community survives him today Whispering in the Daylight The Children of Tony Alamo Christian Ministries and Their Journey to Freedom is based on numerous interviews from group members and more importantly on interviews with the children second and third generation followers Author Debby Schriver chronicles how this group was formed documenting its many abuses and its gradual adoption of cult like behaviors and practices Like many cult leaders Tony Alamo had different faces The public saw him as a somewhat self important but harmless music promoter and designer of bedazzling denim jackets Schriver chronicles firsthand the condemnation rejection and torment that the second generation survivors of Tony Alamo s abuses experienced Schriver s interviews particularly those with children illuminate the real horrors of the Alamos behavior ranging from economic exploitation extreme forced fasts and beatings that resulted in permanent injury Schriver s extensive research including interviews with Tony Alamo himself harrowing visits to Alamo compounds and witnessing gut wrenching confrontations between freed children and their unreformed parents tells the story of a closed group whose origins and

history are unlikely ever to be definitively unraveled Bearing False Witness? Douglas E. Cowan, 2003-05-30 From Hare Krishna to the Latter Day Saints and from Jehovah's Witnesses to the New Age religious pluralism in North America presents evangelical Protestantism with significant challenges Declaring newer religious groups cults aberrant sects and heretical religions the Christian countercult movement has warned that these groups represent a threat to society In Bearing False Witness R Cowan considers the Christian countercult as a whole locating it in sociological perspective as an entity distinct from the secular anti cult Through his analysis the author argues that the primary purpose of the countercult movement is to reinforce and repair the Christian worldview when it appears threatened by the advent of alternative religious traditions This unique analysis of the Christian countercult helps explain why conservative Christian responses to competing religious movements have taken the form that they have in addition to how those responses are carried out Unlike the anti cult movement which is concerned with removing individuals from cults and returning them to their families the Christian countercult movement according to the author attempts not only to remove cultists from the negative influences of the cults to which they belong but also to insure that they will join the particular version of Christianity adhered to by the countercultists themselves Beginning with the countercult's early history the author provides an historical account of the movement and its present activities Since the rise of new religious movements the growing interest in religions imported from outside North America and the broadening of the religious marketplace continues to grow understanding the Christian countercult and its presence as a countervailing pressure to these increasingly socioreligious dynamics becomes ever more important **In the House of Friends** Kenneth J. Garrett, 2020-07-10 There is a place that promises acceptance spiritual growth and friendship but instead delivers criticism abuse and exploitation A place that declares marriages will be strengthened treasured and protected but instead weakens diminishes and marginalizes them A place that claims to obey the word of God but in practice weaponizes the word against those who disagree or doubt A place where the good news of a tenderhearted loving Savior is blurred by leaders who are controlling traumatizing and self serving A place that calls loudly to the storm tossed at sea only to lure them to the rocks where they flounder and fall apart A place that appeared to be a house of friendship but was a place of betrayal That place might be a Christian church It might be a cult It is probably both In In the House of Friends Understanding and Healing from Spiritual Abuse in the Christian Church is written for survivors of abusive churches their families and friends and all who want to understand spiritual abuse and help the abused Dr Garrett is a long term pastor of a diverse urban congregation and combines personal experience sound academic research and pastoral theology to address a poorly understood rarely admitted problem today spiritual abuse in Christian churches Terrorism: The fourth or religious wave David C. Rapoport, 2006 Takes a chronological approach to provide a history of modern rebel or non state terror In addition to articles in academic journals the collection includes discussions statements and government documents *Attachment Volume 2 Number 2* Joseph Schwartz, Kate White, 2008-07-30 Attachment New Directions in

Psychotherapy and Relational Psychoanalysis is a leading edge journal for clinicians working relationally with their clients It is a professional journal featuring cultural articles politics reviews and poetry relevant to attachment and relational issues an inclusive journal welcoming contributions from clinicians of all orientations seeking to make a contribution to attachment approaches to clinical work an international journal open to ideas and practices from all countries and cultures and a cutting edge journal with up to date briefings on latest developments in neuroscience relevant to psychotherapy and counselling Articles Routes to Relationality An Attachment Theory Perspective by Kate White Emotional Recovery and Staying Well after Psychosis An Attachment based Conceptualization by Andrew Gumley Matthias Schwannauer Angus MacBeth and John Read Genetics and Schizophrenia Part 2 Why Attachment Theory is a Better Theory and Why No One Wants It by Joseph Schwartz Guidelines to Diagnosis of Ritual Abuse Mind Control Traumatic Stress by Ellen Lacter and Karl Lehman Postcards from Cuba 2007 2008 by Marge Oderberg Killing Me Softly A Relational Understanding of Attachment to Pain by Sarah Benamer Attachment based Therapy in Groups Exploring a New Theoretical Paradigm with Professional Care givers by Una McCluskey The Woodpecker The Place of Trance and Hypnosis in Relational Psychotherapy by Asaf Rolef Ben Shahr

Teaching New Religious Movements David G. Bromley, 2007-05-25 Since its inception around 1970 the study of New Religious Movements NRMs has gradually evolved into an established multidisciplinary area of study At the same time both the movements and the scholars who study them have been the subjects of intense controversy In this volume a group of senior NRM scholars who have been instrumental in the development of the field offer essays that present the basics of NRM scholarship along with guidance for teachers on classroom use Using an interdisciplinary approach the volume provides comprehensive accessible information and perspectives on NRMs It is an invaluable guide for instructors navigating this scholarly minefield

Spirituality and Psychiatry Christopher C. H. Cook, Andrew Powell, 2022-10-20 Spirituality and Psychiatry addresses the crucial but often overlooked relevance of spirituality to mental well being and psychiatric care This updated and expanded second edition explores the nature of spirituality its relationship to religion and the reasons for its importance in clinical practice Contributors discuss the prevention and management of illness and the maintenance of recovery Different chapters focus on the subspecialties of psychiatry including psychotherapy child and adolescent psychiatry intellectual disability forensic psychiatry substance misuse and old age psychiatry The book provides a critical review of the literature and a response to the questions posed by researchers service users and clinicians concerning the importance of spirituality in mental healthcare With contributions from psychiatrists psychologists psychotherapists nurses mental healthcare chaplains and neuroscientists and a patient perspective this book is an invaluable clinical handbook for anyone interested in the place of spirituality in psychiatric practice

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