

"If there is one guiding principle in this book,  
I think it had better be: 'Don't think for me.' The great danger here  
about this (and many other) 'do as I do' approaches, just as effective,  
I think, that have failed miserably to lead to better thinking."

—Jesse Jackson, *Black Caucus*, *Newsweek*

Author of *When Did America Become America?* (Harvard Univ. Press, 1991)

# 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

**Elisabeth Arweck**



## **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 **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 *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 **Terror, Love**

**and Brainwashing** Alexandra Stein, 2016-11-03 Written by a cult survivor and renowned expert on cults and totalitarianism

Terror Love and Brainwashing draws on the author's 25 years of study and research to explain how almost anyone given the right set of circumstances can be radically manipulated to engage in otherwise incomprehensible and often dangerous acts. Illustrated with compelling stories from a range of cults and totalitarian systems from religious to political to commercial, the book defines and analyses the common and identifiable traits that underlie almost all these groups. It focuses on how charismatic authoritarian leaders control their followers' attachment relationships via manipulative social structures and ideologies so that emotionally and cognitively isolated they become unable to act in their own survival interests. Using the evolutionary theory of attachment to demonstrate the psychological impact of these environments and incorporating the latest neuroscientific findings, Stein illustrates how the combined dynamic of terror and love works to break down people's ability to think and behave rationally. From small local cults to global players like ISIS and North Korea, the impact of these movements is widespread and growing. This important book offers clarity and a unique perspective on the dynamics of these systems of control and concludes with guidance to foster greater awareness and prevention. It will be essential reading for mental health professionals in the field as well as policy makers, legal professionals, cult survivors and their families as well as anyone with an interest in these disturbing groups. Students of social and developmental psychology will also find it fascinating.

*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 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's spiritual abuse in Christian churches.

*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 Shazar *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

**Teaching New Religious Movements** David G. Bromley, 2007-05-25 Since its inception around 1970 the study of New Religious Movements NRMs has evolved into an established multidisciplinary field 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 will offer pivotal essays that present the basics of NRM scholarship along with guidance for teachers on classroom use The book is organized topically around subjects that are both central to the study of NRMs and likely to be useful to non specialists Part I contains examinations of the definitional boundaries of the area of study varying disciplinary perspectives on NRMs unique methodological ethical problems

encountered in the study of NRMs and the controversies that have confronted scholars studying NRMs and the movements themselves Part II examines a series of topics central to teaching about NRMs the larger sociocultural significance of the movements their distinctive symbolic and organizational features the interrelated processes of joining and leaving NRMs the organization of gender roles in NRMs media and popular culture portrayals of the movements the occurrence of corruption and abuse within movements and violence by and against NRMs Part III provides informational resources for teaching about NRMs which are particularly important in a field where knowing the biases of sources is crucial With its interdisciplinary approach the volume provides comprehensive accessible information and perspectives on NRMs It is an invaluable guide for instructors navigating this scholarly minefield

**Positive Magic** Marion Weinstein, 2020 Previously published in 2002 as **Positive Magic Ancient Metaphysical Techniques for Modern Lives** by New Page Books Title page verso

**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

**Freedom of Mind: Helping Loved Ones Leave Controlling People, Cults, and Beliefs** Steven Hassan, PhD, 2022-06-22 In the post 911 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

**Age of Propaganda** Anthony R. Pratkanis, Elliot Aronson, 2001-03-14 Examines the patterns motives and effects of mass persuasion discussing the history of propaganda how the message of propaganda is delivered and counteracting the tactics of mass persuasion

**The Cult Next Door** Judith L. Carlone, Elizabeth R. Burchard, LSW, 2017-03-18 During Thanksgiving vacation of her freshman year at Swarthmore College 1977 Elizabeth at her mother s insistence attended a stress reduction session with a biofeedback technician on staff at a Manhattan psychologist s office During that first visit this man filled her ears with prophetic visions of a glorious future the inheritance of those fortunate few who might choose to accompany him His confidence and charisma entranced her and she soon recruited two of her college roommates When the psychologist fired his assistant two years later Elizabeth and her mother followed Over the next decade this man a malevolent genius and master of manipulating metaphysical concepts to benefit a self serving agenda organized a small dedicated band of followers The Group evolved into an incestuous family a cult Their brainwashed minds became fused with a distinctive New Age doctrine A coterie of spiritual Navy Seals they scrambled in terror training to survive the inevitable cataclysm one man s divine vision of Armageddon Subsequent to a momentous event in August 1994 with the guru as high priest The Black Dog Religion was born Elizabeth sank into a pit of despair darker than she ever could have imagined was possible From the adolescent gullibility which seduced her astray to the enlightenment which led her to freedom you will travel an incredible journey For anyone who has ever been trapped by a person who would not let them go within this book lies a message of hope

**Understanding Religious Abuse and Recovery** Patrick J. Knapp, 2021-04-21 Currently there are at least four major identifiable perspectives on how people best understand and recover from religious abuse Both secular and faith based Christian adherents can be variously identified in each of these approaches This book examines these viewpoints and evaluates their various strengths and limitations It concludes that each perspective is helpful to the extent possible given the limitations of its respective philosophic or theological assumptions This book summarizes each viewpoint

and suggests a larger contextual perspective helpful to better understand involvement in and recovery from religiously abusive environments The conclusion is an integration of the various conceptual frameworks and a different model SECURE is described that includes essential principles and practical strategies necessary for recovery from religious abuse Suggestions are made for future research and study both for academics with interest in the cultic studies and counseling fields and for various people negatively affected by religious abuse and in need of recovery

**Understanding Terror Networks** Marc Sageman, 2004 An international authority on the social psychology of terrorist groups examines the psychological profiles of 172 known terrorists to understand the specific social circumstances that lead individuals to enter terror networks

**The Routledge International Handbook of Clinical Hypnosis** Julie H. Linden, Giuseppe De Benedittis, Laurence I. Sugarman, Katalin Varga, 2024-02-02 The Routledge International Handbook of Clinical Hypnosis explores and clarifies the challenge of defining what hypnosis is and how best to integrate it into treatment It contains state of the art neuroscience cutting edge practice and future oriented visions of clinical hypnosis integrated into all aspects of health and clinical care Chapters gather current research theories and applications in order to view clinical hypnosis through the lens of neurobiological plasticity and reveal the central role of hypnosis in health care This handbook catalogs the utility of clinical hypnosis as a biopsychosocial intervention amid a broad range of treatment modalities and contexts It features contributions from esteemed international contributors covering topics such as self hypnosis key theories of hypnosis hypnosis and trauma hypnosis and chronic pain management attachment and more This handbook is essential for researchers clinicians and newcomers to clinical hypnosis in medical schools hospitals and other healthcare settings Chapters 4 35 62 and 63 of this book are freely available as a downloadable Open Access PDF at <http://www.taylorfrancis.com> under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4 0 license

**Combating Cult Mind Control: The #1 Best-selling Guide to Protection, Rescue, and Recovery from Destructive Cults** Steven Hassan, PhD, 2015-03-28 This 2018 30th anniversary edition honors the 40th anniversary of the tragedy in Jonestown Guyana On November 18th 1978 over 900 people including a U S congressman Leo Ryan died because of Cult Leader Jim Jones Over 300 were children forced to drink cyanide laced Kool Aid by their parents who believed they were doing God s will The techniques of undue influence have evolved dramatically and continue to do so Today a vast array of methods exist to deceive manipulate and indoctrinate people into closed systems of obedience and dependency If you are reading this updated book for the first time please know that you have found a safe respectful compassionate place This book can help you protect or regain your sanity freedom and health It can also help you protect others from the use of mind control techniques In this 30th anniversary volume you will find New stories of people who fell under the sway of cults and other forms of undue influence but who were able to break free New information on the many sophisticated ways that social media are now used for mind control Updates on the many types of organizations that use mind control Information on the neuroscience behind mind



control A look at what legislators courts mental health professionals and ordinary citizens can do to resist mind control and make our world a safer place Sadly the essential information in this book is still not widely known or understood People around the world remain largely unprepared for the new realities of mind control But you are far from helpless There is a great deal you can do to stay safe sane and whole and to help the people you care about to do the same And if someone you love is already part of a mind control group there is much you can do to help them break free and rebuild their life This book will give you the tools you need As you read this book you will learn to develop use and trust your critical thinking skills your intuition your bodily and emotional awareness your ability to ask the right questions and your skill at doing quick useful research You will also learn to create a healthy balance of openness and skepticism As you will see the entire process begins and ends with discernment

**Quest for Sovereignty** Anab Whitehouse, 2018-11-06 The present volume critically examines the notion of sovereignty against a backdrop of various events drawn primarily but not exclusively from American history Among the topics discussed are Charter of the Forests republicanism sovereignty democracy the rule of law the Philadelphia Convention of 1787 the process of ratification the Supreme Court corporations the Federal Reserve the military industrial complex the CIA and some of the decisions of modern American presidents ranging from Eisenhower to Obama A central theme of the foregoing book concerns the manner in which all three branches of government have consistently failed to comply with the guarantee promised in Article IV Section 4 of the Constitution involving a republican form of government in the service of the purposes contained in the Preamble By failing to operate in accordance with the requirements of Article IV Section 4 America has had a very different history than might have occurred if the central promise of the Constitution had been honored

Researching New Religious Movements Elisabeth Arweck, 2006 This cutting edge analysis of American and European new religious movements explores the controversies between religious groups and the majority interests which oppose them It asks how modern societies can best respond to new religious movements

Heartbreak and Rage Gordon Neufeld, 2002 Mass weddings Matching ceremonies where people meet their future spouses for the first time Desperate flower sellers approaching bar customers late at night Isolated farms where young men and women are rapidly transformed into fanatical devotees of the Reverend Sun Myung Moon All these are well known aspects of life in the Unification Church often called the Moonies In Heartbreak and Rage Ten Years Under Sun Myung Moon a Cult Survivor s Memoir K Gordon Neufeld recalls his own participation in all of these events in a powerful and engrossing and occasionally wistful and tender memoir Neufeld recounts his own rise in the ranks of the Unification Church to the position of a leader in training at the Unification Theological Seminary a promotion that indirectly led to his growing disillusionment Yet even when he found himself rejected by the woman Moon had chosen for his bride and by the church to which he had been unwaveringly dedicated he refused to give up but carried on until there was absolutely no way to continue At last demonstrating great courage Neufeld broke free from his state of mental transfixion without the aid of deprogrammers This is an unforgettable

story of persistence devotion love and loss

## Enjoying the Song of Expression: An Psychological Symphony within **Releasing The Bonds Empowering People To Think For Themselves**

In some sort of taken by screens and the ceaseless chatter of immediate connection, the melodic splendor and mental symphony developed by the written term frequently fade into the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. However, situated within the pages of **Releasing The Bonds Empowering People To Think For Themselves** a stunning fictional treasure filled with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this fascinating masterpiece conducts viewers on a mental trip, well unraveling the concealed songs and profound influence resonating within each carefully crafted phrase. Within the depths with this emotional review, we will explore the book is key harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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