



Recovering from Religious Abuse: 11 Steps to Spiritual Freedom

Jack Watts

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Jack Watts confronts one of Christianity's deepest secrets and shares his own story of religious abuse, revealing the lifelong self-destructive behavior it produced—now in paperback.

Jack Watts' startling personal story of being victimized by religious abuse and then sinking into alcoholism and self-destructive behaviors will resonate strongly with the many thousands of those who have been disenfranchised or even crushed by institutionalized religion. *Recovering from Religious Abuse* will help these walking wounded discover how to come to terms with their past as they heal from the inside out.

Jack speaks to his readers as one who has been there, has felt their pain and bitterness, their desire to get even, their belief that they are worthless. But now he shares a new story of one who has finally found spiritual freedom and a deeply satisfying relationship with the God from whom he had once been alienated.

Defining "religious abuse" as the use of spiritual authority to manipulate, harm, or use another person for personal gain, this practical step-by-step recovery manual takes readers on a journey that helps them fully realize the extent of the impact of their religious abuse, and progressively moves them toward healing and recovery. This 91-day plan includes daily readings, prayer, journaling instructions, and scriptures for reflection.

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