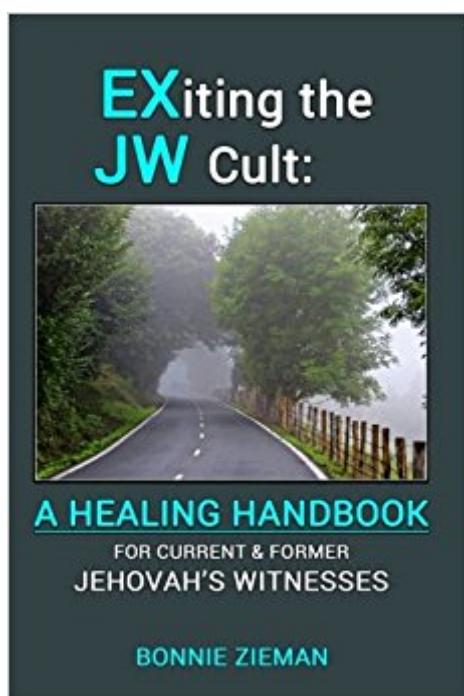


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# EXiting The JW Cult: A Healing Handbook: For Current & Former Jehovah's Witnesses



## Synopsis

Numerous books have been written by ex-Jehovah's Witnesses, exposing the false claims and practices of the cult or describing their personal challenges while leaving it. But when it comes to providing help to individuals in the process of exiting and recovering from the effects of membership in the cult, few compare with EXiting the JW Cult: A Healing Handbook. Author Bonnie Zieman was born and raised as a Jehovah's Witness, leaving after thirty years to gain the higher education that she was denied and build a professional life as a psychotherapist. She knows firsthand what it's like to deal with the inhumane punishments inflicted on anyone who leaves the Watchtower organization—foremost among them, the complete shunning by family and friends. Drawing from both her personal and professional experiences, Zieman provides aid, advice, encouragement, and insight into the many challenges faced by current and former Jehovah's Witnesses who are struggling to extricate their lives from this all-controlling cult. This empowering healing handbook is designed to be used as a reference that individuals can take down off the shelf and use to help themselves during difficult moments along their path to healing emotional wounds and coping in an unfamiliar world.

## Book Information

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## Customer Reviews

Bonnie Zieman is an ex-Jehovah's Witness who was baptized, became a pioneer and special pioneer, and was married to an elder. After thirty years, she left the sect, going on to earn a master's degree in education from Sherbrooke University in Quebec, Canada. She also

studied for three years in the applied social science program at Concordia University in Montreal and gained formal training in several schools of therapy. After twenty years in private practice as a psychotherapist, she is now recently retired. Zieman is married to another ex-Jehovah's Witness and has three adult children.

Am only giving this 5 stars because I can't possibly give it 10 stars. No kidding! I dissociated myself earlier this year from the JW. I was a third generation JW, born in it - 30years. Its been really tough. Oh, being shunned by people I have known for years, people I always had in my house for dinner parties. Despite the pain, I just know I can't go back. This cold treatment just reinforces my reason for leaving which was my observation of fake friendships, my lack of intellectual freedom and coldness of it all. I think I wasn't prepared, despite taking my time to dissociate it has still been a struggle. I really love this book. I have read other books on this topic but in terms of actual techniques for healing, this is the best. I love the debriefing and visualization techniques. I have immediately started debriefing myself everyday. Its a new concept and immensely helpful. I have decided to formally mourn and grieve the loss of my social structure. I also like the suggestion to take time before embracing another religion. I kind of hate the idea of church now but mostly because I feel cheated by an religious organization I sincerely believed was build on Christian love. I also like the idea that we must show compassion for those who are required to shun us, its unnatural and difficult for them as well. Despite all this, I really love the freedom and joy I am enjoying now which I never had. The painful moments are fewer and keep decreasing. Thank you, thank you, thank you for writing this book!

All my life I have rested all my faith, dreams, thoughts, you name it, on the Watchtower Society. I am a 45 year old man. Just left 9 months ago. Stopped all Wt. activity 2 months back. Just about had a nervous breakdown. For two months I cried everyday at least once, like a child who's "Mother" abandoned him when I discovered all the lies, cover- ups, scandals. I loved my life as a witness. I was a zealous unstoppable "Jehu". But that dream ended in an instant of time. The worst nightmare of any witness came true. The "apostates" were right all along! As a suggestion, I believe that these 4 books should be sold as a rescue kit for ex-JW's: Crisis of Conscience, In Search of Christian Freedom, Combatting Cult Mind Control, and this MOST excellent book!!!! I suggest reading these books in this order. There is no book that can help you get on with your life quite like this book. Written by someone who was truly involved with the Watchtower and now a professional in psychology . This book gives practical, professional advice on how to deal with the psychopathic

residue of this most deceptive cult. Escape the childlike behavior of having to answer to "Mother". Stand proud and feel good about your independence . Having been a totally indoctrinated "true believer", I am critical about many books. Some seem empty and repetitive about escaping the Watchtower. This is not like that. It has substance you can dig into. Do not waste time. Hit the purchase button NOW!

Amazing book! Lots of resources. Feels like a compassionate friend talking to you and giving you practical advice.

Excellent for anyone dealing with the aftermath of leaving a cult!Great suggestions on how to move on. It really is a handbook and reference on personal growth outside of the cult!Thank you Bonnie....so insightful & inspiring!

As it has been often said "there are two sides to every story". After seeing Alex Gibney's "Going Clear" I had to read this and I constantly use it as my "go to bed" book. Bonnie I thank you so very much!

I've been out of the religion for over 20yrs....wish this book was around when I first decided to leave. I feel I would've been better oriented for my new journey.

Loved it!

I read this book within two days of receiving it. Bonnie Zieman provides some excellent coping techniques, along with an understanding of how being a Jehovah's Witnesses affects one psychologically. The book is a guide to hope and life beyond the religion.

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