



# Spiritual Sobriety: Stumbling Back to Faith When Good Religion Goes Bad

*Elizabeth Esther*

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**It's easy to get high on God in America.**

**But is this good religion?**

In a compelling follow-up to her memoir, *Girl at the End of the World*, Elizabeth Esther explores how religious fervor can become religious addiction.

The evidence is everywhere. In families who inexplicably choose to harm their children in order to abide by cultic church doctrine. But in ordinary believers too who use God the same way addicts use drugs or alcohol—to numb pain, alter their mood, or simply to escape the realities of this messy, unpredictable thing called *life*.

If you've ever wondered how a religion that preaches freedom and love can produce judgmental and unkind followers; if you've ever felt captive to the demanding God of your own childhood; if you've struggled to find contentment without needing another emotional hit from a "life-changing" conference or "mountain-top" experience, then *Spiritual Sobriety* is for you. The author, who grew up in a hyper-controlling church cult, will help you find hope and rebirth in the ruins of disillusioned faith.

Filled with stories and warm, practical advice, *Spiritual Sobriety* offers a gentle path out of the desperate cycles of craving-euphoria-hangover and into a freer, clean-and-sober faith practice.

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