



# Recovery from Cults: Help for Victims of Psychological and Spiritual Abuse

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### Recovery from Cults: Help for Victims of Psychological and **Spiritual Abuse**

#### Recovery from Cults: Help for Victims of Psychological and Spiritual Abuse

Stressing the capacity of powerful cults to harm members and cause a variety of post-cult problems, including depression, dissociative disturbances and dependency, this book provides background information and practical guidelines to enable mental health professionals to help former cult members.



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