

LALICH CENTER RESOURCES (Cult-related)

Reading List for Licensed Professionals

Foundational Books

Take Back Your Life: Recovering from Cults and Abusive Relationships
Janja Lalich

Escaping Utopia: Growing Up in a Cult, Getting Out & Starting Over
Janja Lalich & Karla McLaren

Bounded Choice: True Believers and Charismatic Cults
Janja Lalich

Cults in Our Midst
Margaret Thaler Singer, with Janja Lalich

Coercive Persuasion
Edgar Schein, with Inge Schneier and Curtis H. Barker

Influence: The New Psychology of Modern Persuasion
Robert B. Cialdini

Obedience to Authority
Stanley Milgram

Terror, Love and Brainwashing: Attachment in Cults and Totalitarian Societies
Alexandra Stein

Thought Reform and the Psychology of Totalism
Robert Jay Lifton

Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror
Judith Lewis Herman

When Prophecy Fails: A Social and Psychological Study of a Modern Group that Predicted the Destruction of the World
Leon Festinger, Henry W. Reicken and Stanley Schachter

Related Psychology & Social Psychology Books

Alienation and Charisma: A Study of Contemporary American Communes
Benjamin Zablocki

Apocalypse: On the Psychology of Fundamentalism in America

Charles B. Strozier

Coercive Control
Evan Stark

“Crazy” Therapies: What Are They? Do They Work?
Margaret Thaler Singer & Janja Lalich

Dissociation: Clinical and Theoretical Perspectives
Edited by Steven Jay Lynn and Judith W. Rhue

Gaslighting: Recognize Manipulative and Emotionally Abusive People – and Break Free
Stephanie Moulton Sarkis

Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation
Janina Fisher

Losing Reality: On Cults, Cultism, and the Mindset of Political and Religious Zealotry
Robert Jay Lifton

Malignant Narcissism and Power: A Psychodynamic Exploration of Madness and Leadership
Charles Zeiders and Peter Devlin

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
Bessel Van Der Kolk

The Deepest Well: Healing Long-Term Effects of Childhood Trauma and Adversity
Nadine Burke Harris

The Fundamentalist Mindset
Charles B. Strozier, David M. Terman & James W. Jones, Eds.

The Language of Emotions: What Your Feelings Are Trying to Tell You
Karla McLaren

The Lucifer Effect: Understanding How Good People Turn Evil
Philip Zimbardo

The Nazi Doctors: Medical Killing and the Psychology of Genocide
Robert Jay Lifton

Trauma and Memory: Brain and Body in a Search for the Living Past
Peter A. Levine
Traumatic Narcissism: Relational Systems of Subjugation
Daniel Shaw

Traumatic Narcissism and Recovery: Leaving the Prison of Shame and Fear
Daniel Shaw

What Happened to You? Conversations of Trauma, Resilience, and Healing
Bruce D. Perry, M.D., Ph.D. & Oprah Winfrey

Complex PTSD: From Surviving to Thriving
Pete Walker

The Authoritarians
Bob Altemeyer

Workbooks

Depressed & Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety by Thomas Marra

Life After Trauma, 2nd ed., A Workbook for Healing by Dena Rosenbloom & Mary Beth

Williams Somatic Psychotherapy Toolbox by Manuela Mischke-Reeds

The Dynamic Emotional Integration Workbook by Karla McLaren

Transforming the Living Legacy of Trauma: A Workbook for Survivors and Therapists by Janina Fisher

The Attachment Theory Workbook: Powerful Tools to Promote Understanding, Increase Stability, and Build Lasting Relationships by Annie Chen

The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole by Arielle Schwartz

The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms by Mary Beth Williams & Soili Poijula

The Moral Injury Workbook by Wyatt Evans, Robyn Walser, Kent Drescher, & Jacob

Farnsworth Trauma Treatment Toolbox by Jennifer Sweeton

The Troubled-Teen Industry (TTI) Books

Help at Any Cost: How the Troubled-Teen Industry Cons Parents and Hurts Kids by Maia Szalavitz

Institutionalized Persuasion: The Technology of Reformation in Straight Incorporated and the Residential Teen Treatment Industry by Marcus Chatfield

Troubled: The Failed Promise of America's Behavioral Treatment Programs by

Kenneth R. Rosen *Dead, Insane, or In Jail: A CEDU Memoir*, vol. 1 & 2 by Zack Bonnie

Stolen: A Memoir by Elizabeth Gilpin

I See You Survivor by Liz Ianelli

Select Memoirs

A Billion Years: My Escape from a Life in the Highest Ranks of Scientology
Mike Rinder

A Fire Is Coming
Emma Stevens

A Slice of Orange: A Memoir
Nicola Ranson

American Guru: A Story of Love, Betrayal and Healing – former students of Andrew speak out
William Jenner and Contributors

An Everyday Cult
Gerette Buglion

Blue Windows: A Christian Science Childhood
Barbara Wilson

Captive: A Mother's Crusade to Save Her Daughter from a Terrifying Cult
Catherine Oxenberg

Cult Girls (graphic novel)
Natalie Grand and Cassandre Bolan

Culted Child: The True Story on a Daughter Disciple
Maria D. Peregolise

Educated: A Memoir
Tara Westover

Escape
Carolyn Jessop

Herding the Moo: Exploits of a Martial Arts Cult
Joe Smith

Holy Hell: A Memoir of Faith, Devotion, and Pure Madness
Gail Tredwell a.k.a. Gayatri

In the Days of Rain: A Daughter, A Father, A Cult
Rebecca Stott

Inside Out
Alexandra Stein

Leaving Isn't the Hardest Thing: Essays

Lauren Hough

Leaving the Witness: Exiting a Religion and Finding a Life

Amber Scorah

Manhattan Cult Story: Abuse, Crime, Sex, and My Life Inside a Secret

Organization Spencer Schneider

Mating in Captivity: A Memoir

Helen Zuman

Mind over Manipulators: One Woman's Recovery from Abuse and Her Fight to

Change the Law Zoe Dronfield

Mission of Malice: My Exodus from KwaSizabantu

Erika Bornman

My Life in Orange

Tim Guest

Not Without My Sister

Celeste Jones, Kristina Jones and Juliana Buhring

Scarred: The True Story of How I Escaped NXIVM, The Cult That

Bound My Life Sarah Edmondson

Sins of My Father: A Daughter, A Cult, A Wild Unravelling

Lily Dunn

Slonim Woods 9: A Memoir

Daniel Barban Levin

The Burn Zone: A Memoir

Renee Linnell

The Gathering Place: An Adoptee's Story

Emma Stevens

The Gentle Soul's Revolution: A Secret Cult, An Open Rebellion, and Lessons in Honoring

Your Gentle Soul Esther Friedman (with Jamie Swalley)

The Program: Inside the Mind of Keith Raniere and the Rise and Fall of NXIVM

Toni Natale

The Promise of Paradise

Satya Bharti Franklin

Unapologetically Glorious: The Power of Owning Your Story without Shame

or Blame Kelly Thiel

Uncultured
Danielle Young

Unfollow: A Memoir of Loving and Leaving the Westboro Baptist Church
Megan Phelps-Roper

Unorthodox: The Scandalous Rejection of My Hasidic Roots: A Memoir
Deborah Feldman

What My Bones Know: A Memoir of Healing from Complex Trauma
Stephanie Foo

When the World Didn't End
Guinevere Turner

For Children

Value Based Parenting Series by Gretchen Day (graphics by her children)
Book 1: Protecting Children from Unethical Persuasion
Book 2: My Belief or Yours? Critical Thinking 1010
Book 3: Being Positive & Present Makes Us SAFER, K?
Book 4: I Have a CHOICE!
Book 5: The Value of Hard Work & Doing Your Best (A Family History Story)
Book 6: Finance 101 for Kids (3 Little Pigs Style)
Book 7: A Cheetah's Quest for Her North Star: Shame, Resilience and Connection
Book 8: Open Hearts Protecting Children from Unhealthy Relationship Patterns

Other Professional Authors

Taken No More: Protect Your Children Against Traffickers and Cults
Robin Boyle Laisure

Better to Have Gone: Love, Death, and The Quest for Utopia in Auroville
Akash Kapur

Charismatic Capitalism: Direct Selling Organizations in America
Nicole Woolsey Biggart (about Multi-Level Marketing – MLM)

Cult Trip: Inside the World of Coercion & Control
Anke Richter

Deceived: An Investigative Memoir of the Zion Society Cult
Michael R. King

Destroying the World to Save It: Aum Shinrikyo, Apocalyptic Violence, and the New Global

Terrorism Robert Jay Lifton

Do As I Say: How Cults Control, Why We Join Them, and What They Teach Us about Bullying, Abuse and Coercion
Sarah Steel

Karma Cola: Marketing the Mystic East
Gita Mehta

Operation Chaos: The Vietnam Deserters Who Fought the CIA, The Brainwashers, and Themselves Matthew Sweet

Revolutionary Immortality: Mao Tse-tung and the Chinese Cultural Revolution
Robert Jay Lifton

The Ayn Rand Cult
Jeff Walker

The Joyful Community (The Bruderhof)
Benjamin Zablocki

The Making of Lee Boyd Malvo: The D.C. Sniper by Carmeta Albarus, with Forensic Analysis by Jonathan H. Mack

Under the Banner of Heaven: A Story of Violent Faith
Jon Krakauer

Women Under the Influence: Special Issue Cultic Studies Journal, vol. 14,
No. 1, 1997 Guest Editor: Janja Lalich

Graphic Book

Trauma Is Really Strange by Steve Haines

Podcasts

Search “Janja Lalich” on any podcast App

Cult-related Podcasts & YouTube Channels

A Little Bit Culty
Butterflies and Bravery
Conspirituality
Cult Hackers
Cult Survivors Network/Chris Shelton

Chris Shelton (on You Tube)
Cult Vault
Fair Game
Feisty Talk
Free Your Inner Guru
Hags
Hillsong: A Megachurch Shattered
I Was a Teenage Fundamentalist
IndoctriNation
Journey into Yoga
Let's Talk About Sects
Life After MLM
Mindshift
<https://www.murderatryansrun.com>
Off the Rails
On the Emmis
Reclamation
Revelations Jennings Brown's journalistic dive into The Fellowship of Friends cult
Talk Beliefs
That's So F'ed Up
The Truth That Heals
Toxic Leadership
Trust Me: Cults, Extreme Belief, and Manipulation
WTF Is On My Mind
WIRED (on You Tube) – Tech Support: “Former Cult Member Answers Cult Questions from Twitter” (with Lalich)
Also on their Currents channel: “How Online Conspiracy Groups Compare to Cults” (with Janja Lalich)

Troubled-Teen Industry Podcasts

Behind the Bastards
Code Adam
Dark Dark World, episode 10
Deprogrammed
IndoctriNation Podcast (Episode): *A Complicated Cookie with Beth Matenaer* Inside the Program
Less Troubled
Sent Away
Surviving Straight Inc.
Trapped in Treatment

Documentaries

Bad Vegan (Netflix)
Bikram: Yogi, Guru, Predator (Netflix)
Children of God (Netflix)
Cults & Extreme Belief (9-part series by A&E, now on Hulu, Dr. Lalich Consulting)

Producer) *Heaven's Gate: The Cult of Cults* (HBO Max)
Cults, Explained (Episode, Netflix)
Enlighten Us (CNN)
Going Clear: Scientology and the Prison of Belief (HBO)
Holy Hell (Amazon Prime)
Keep Sweet, Pray and Obey (Netflix)
LuLaRich (Amazon Prime)
Prisoner of the Prophet (Discovery+)
Prophet's Prey (Amazon Prime, Showtime)
Q: Into the Storm (HBO)
Seduced: Inside the NXIVM Cult (Starz)
Sex, Lies and the College Cult (Peacock)
Shiny, Happy People (Amazon Prime Video)
Source Family (YouTube)
Stolen Youth: Inside the Cult at Sarah Lawrence College (Hulu)
Strong City (YouTube)
The Shrink Next Door (Apple TV)
Truth and Lies: Jonestown, Paradise Lost
The Revolution Isn't a Tea Party (YouTube)
The Cult of The Family (Hulu)
The Tinder Swindler (Netflix)
The Vow (HBO)
Under the Banner of Heaven (Hulu)
Unveiled: Surviving La Muz del Mundo (HBO)
Wild Wild Country (Netflix)

Films

Cruel Instruction (re TTI on Lifetime)
Holy Smoke (Amazon Prime)
One of Us (Netflix)
Martha Marcy May Marlene (You Tube)
The Master (Hulu)
Charlie Says (Available to rent from Amazon Prime Video)