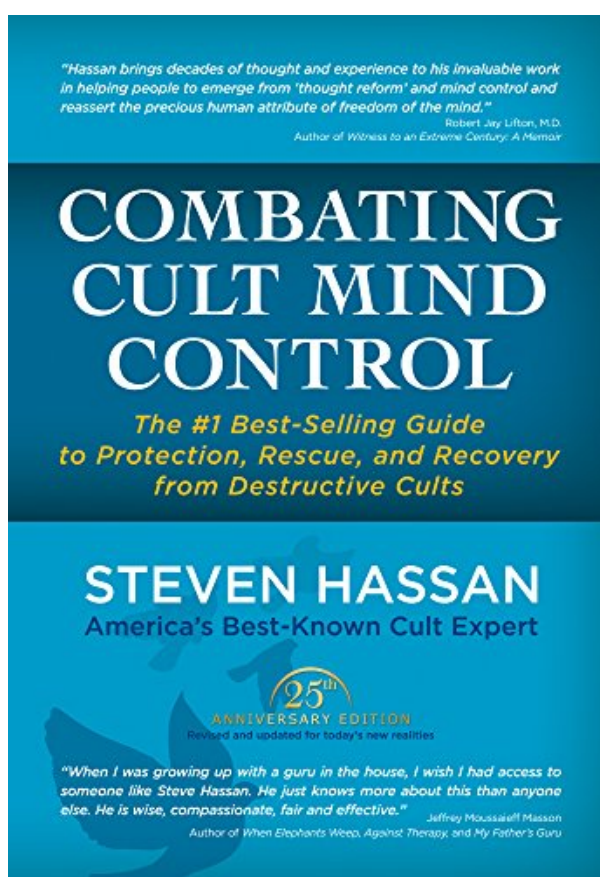


COMBATING CULT MIND CONTROL: THE #1 BEST-SELLING GUIDE TO PROTECTION, RESCUE AND RECOVERY FROM DESTRUCTIVE CULTS BY STEVEN HASSAN



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"Hassan brings decades of thought and experience to his invaluable work in helping people to emerge from 'thought reform' and mind control and reassert the precious human attribute of freedom of the mind."

Robert Jay Lifton, M.D.
Author of *Witness to an Extreme Century: A Memoir*

COMBATING CULT MIND CONTROL

*The #1 Best-Selling Guide
to Protection, Rescue, and Recovery
from Destructive Cults*

STEVEN HASSAN
America's Best-Known Cult Expert

25th
ANNIVERSARY EDITION

Revised and updated for today's new realities

"When I was growing up with a guru in the house, I wish I had access to someone like Steve Hassan. He just knows more about this than anyone else. He is wise, compassionate, fair and effective."

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About the Author

Steve Hassan is a former cult member who has been educating the public about mind control and destructive cults since 1976. As a Nationally Certified Counselor (NCC) and Licensed Mental Health Counselor (LMHC), Hassan is the author three books that have received extensive praise from former cult members, families of former members, clergy, cult experts, and psychologists. *Combating Cult Mind Control: The #1 Best Selling Guide to Protection, Rescue, and Recovery from Destructive Cults* (1988, 1990, 2015), *Releasing the Bonds: Empowering People to Think for Themselves* (2000), and *Freedom of Mind: Helping Loved Ones Leave Controlling People, Cults & Beliefs*, (2012,2013). He is also co-developed “Ending the Game”, a non-coercive curriculum designed to educate and empower commercial sex trafficking victims. He has also been interviewed on CNN and Fox about ISIS as a destructive cult. He has appeared on 60 Minutes, CNN, NPR, Good Morning America, The Today Show, Larry King Live, Oprah, Dr. Drew, Dr. Phil, and many other programs, and has been featured in People Magazine, USA Today, Newsweek, The New York Times, The Washington Post, The Wall Street Journal, Chicago Tribune, The Guardian, and dozens of other major publications and websites. Learn more about him and the Freedom of Mind Resource Center, Inc. at www.FreedomOfMind.com

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If you're reading CCMC for the first time, please know that you've found a safe, respectful, compassionate place. This book can help you protect-or regain-your sanity, freedom, and health. It can also help you protect others from the use of mind-control techniques. In this 25th anniversary volume you'll find:

- New stories of people who fell under the sway of cults and other forms of undue influence but who were able to break free.
- New information on the many sophisticated ways social media are now used for mind control.
- Updates on the many types of organizations that use mind control
- Information on the neuroscience behind mind control.
- A look at what legislators, courts, mental health professionals, and ordinary citizens can do to resist mind control and make our world a safer place.

The techniques of undue influence have evolved dramatically, and continue to do so. Today, a vast array of methods exist to deceive, manipulate, and indoctrinate people into closed systems of obedience and dependency. Sadly, the essential information in this book is still not widely known or understood. People around the world remain largely unprepared for the new realities of mind control. But you are far from helpless. There is a great deal you can do to stay safe, sane, and whole-and to help the people you care about to do the same. And if someone you love is already part of a mind-control group, there is much you can do to help them break free and rebuild their life. This book will give you the tools you need. As you read this book, you'll learn to develop, use, and trust your critical thinking skills; your intuition; your bodily and emotional awareness; your ability to ask the right questions; and your skill at doing quick, useful research. You'll also learn to create a healthy balance of openness and skepticism. As you will see, the entire process begins and ends with discernment.

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About the Author

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A thoughtful and thorough look at mind-control techniques

By debeehr

First of all, in response to those reviewers who argue that "all religions practice mind control" and "Hassan is against freedom of religion," I would like to point out that Hassan states very plainly that just because a group is not mainstream does not make it a cult. He provides very detailed, specific criteria as to what makes a cult (including deception, attempts to isolate people from their friends and family, refusal to let members leave, and pronounced control of information), and also includes a handy checklist of questions to ask potential cult recruiters, including "Does your group practice deception?" "Is your group considered controversial and if so, why?" and "Tell me three things you don't like about your group and your leader." As Hassan states, legitimate organizations will be honest about their motives, and members of legitimate organizations should be able to discuss their group's failings as well as its strengths. Hassan is not out to demonize religion in general, nor (as he states) are all cults necessarily religious in nature.

Hassan provides an excellent breakdown of the dynamics of cults, beginning with his own experience being recruited by the Moonies. Dissatisfied with his own experience of being "kidnapped" and deprogrammed (though he readily concedes that it was, overall, a beneficial experience), he has developed a less-drastic approach to counseling members out of cults, based around attempts to reactivate the original personality underneath the cult one (his own mention of how the sight of his father's tears provided the first step on his road to leaving the Moonies is touching and convincing). As previously mentioned, he offers warning signs that a group might be cultish, provides detailed, common-sense advice for how to deal with family members who might have been indoctrinated, and offers advice for former cult members who are attempting to readjust to life in normal society.

While Hassan mentions that not all cults are religious in nature, he spends most of his time dealing with religious ones, except for brief mentions of psychotherapeutic cults. I was a little disappointed by this, since I found the notion of non-religious cults fascinating and would have liked to see more of an exploration of the differences, if any, between religious and non-religious cults. This is an area I wish he had explored in more depth. Hassan's discussions of Satanic cults, while brief, also clearly date the book to the late '80s/early '90s, during which the "Satanic Panic" was at its height.

Overall, however, this is an excellent introduction to the phenomenon of cults and mind control, and I would recommend this to anyone interested in the subject, for whatever reason.

98 of 103 people found the following review helpful.

A good starting point

By A Customer

Cults don't exist to people in them. A cult is always something you can point a finger at and say, "that is a cult," or, "they are in a cult." A person in a cult never can look at their own situation objectively and see that they themselves are in a cult. This book was very helpful for me in such a way that I could relate very well to

a lot of the experiences and techniques. It convinced me that I had spent all of my life in a cult that did practice mind control, but most importantly it reassured me that my decision to leave was the right choice. It is a book that you can read again and again as you progress through the healing stage after leaving a cult or cult-like organization. Since cult's control what you are allowed to read, this was the first book that I would even look into, since it doesn't mention Jehovah's Witnesses specifically. I started reading it with the attitude that I was finally going to prove to myself and to others that I was not associated with a cult. Much to my surprise there were many similarities, and that was when I could really open my eyes to the situation that I was involved in. Thank you for writing such an easy to read, informative and specific book on cults and their mind control techniques. The changes in my life are astounding, and the turning point was when I read this book.

95 of 100 people found the following review helpful.

Former JW Rates This Book Two Thumbs Up...Way Up!

By Douglas S. Shields

There are only a few books that I have ever read that have affected my life in such a tremendously profound way. This was one of them. I was raised in the cult known as Jehovah's Witnesses. For 27 years I was totally controlled and totally miserable and didn't know why. After reading this book all of the pieces fell into place. Forget the reviews you've read by self proclaimed "intellectuals" saying that this material is dated or shallow. This stuff addresses cult mind control at its source. It is entirely accurate in its depiction of modern cults as I can attest from personal experience. The reason that it is so accurate and so useful is that it was written by a man who himself was a member of an intensely mind controlled cult. The real revelation though (excuse the pun all you JW's) is that almost all cults work in a similar fashion. Once that "clicks" and you realize that they are all reading from the same "playbook" then is when you finally come to know the real truth about cults. I had a lot of mind control "loops" rolling through my head (gee when is Armageddon really coming?) (will I be destroyed since I don't knock on doors anymore?) for so many years even after leaving the Witnesses. After reading this book those loops disappeared from my mind never to return. Buy this book and then READ IT...for the rest of your life you will thank yourself for doing it.

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