

The personal growth and self-help industry rakes in billions of dollars each year; do you know how to avoid being coerced or manipulated by those who intentionally prey on our hearts, minds and wallets?

Introduction

Alexandra Amor is a cult survivor and the author of the memoir *Cult, A Love Story*. She joined what she thought was a meditation group in 1989 when she was 22 years old and wound up leaving what had become a cult 10 years later. Her recovery from that experience included personal healing and also educating herself about how and why we join coercive groups and how to avoid these situations. Alexandra is passionate about educating people about the choices they're making in the self-help / personal growth / spirituality industry so that they can avoid making the mistakes she made, including being psychologically manipulated, emotionally coerced and abused.

Sample Interview Questions

1. Why does being a savvy self-help / personal growth consumer matter?
2. What are the dangers involved in the self-help industry?
3. What are the five questions we should ask ourselves before we join a personal growth group, church or teacher?
4. If the answer to some of those questions is "yes" what should we do?
5. Are there healthy, non-coercive personal growth / spiritual groups out there?
6. Can a group or a teacher change from being healthy and non-coercive to coercive and manipulative?

Questions about the book / author

1. How long were you involved in a cult?
2. What was the name of the cult you were involved with?
3. How does one define a 'cult'?
4. How or why did you decide to leave?
5. Why can't those in a cult see that they're being manipulated or coerced?
6. What are some resources available for those who have been in a cult or who have family members involved with a cult or coercive group?
7. After all we've discussed today about cults and coercive groups, why is your book called *Cult, A Love Story*?
8. Does the cult you were involved with still exist?
9. What does cult recovery entail?
10. Where can people go for more information?

Call to Action

Listeners are invited to download the free worksheet – Five Questions to Ask *Before* You Join a Personal Growth Group, Church or Spiritual Teacher – at my website:

www.cultalovestory.com

Click on the link on the home page that says: **Free Handout – Five Questions**