

FOR IMMEDIATE RELEASE

Hayward expresses both the fear and loss, as well as the wonder and liberation, of life after religion, bringing us along on a journey of hope.

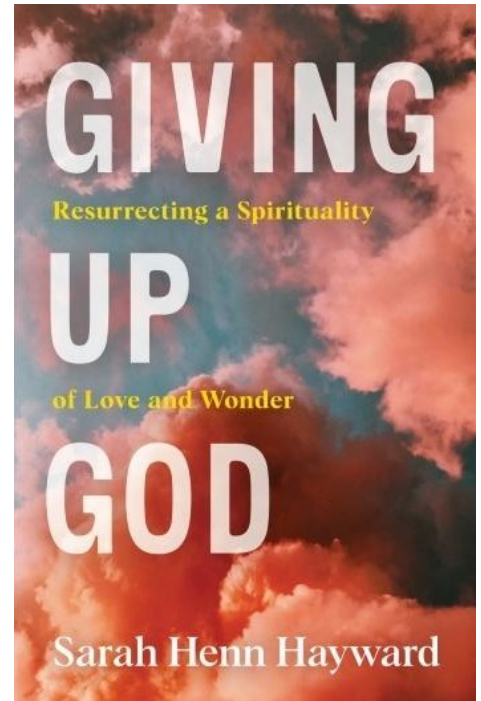
—Cait West, author of *Rift: A Memoir of Breaking Away from Christian Patriarchy*

Many of us are taught to believe that our only hope is in a supernatural, all-powerful, Christian God. Yet we wonder, *is God really real?* If we pursue our questions, what might we find?

While the American church seems to be shutting out those who have questions, Sarah Henn Hayward shows us how to discover who we are beyond religion and find a new path forward.

From traveling the world and meeting people of different faiths and backgrounds, making friends with amazing people who happened to be queer, to reading widely from books about science, psychology, and social justice, the veil created by concepts like hell, evolution, and Christian exclusivity was lifted in favor of an exploration of a stronger sense of self and a more expansive worldview.

The journey of faith deconstruction is not without grief, but with profound wisdom, Hayward holds fast to a forthright honesty that shines on every page. *Giving Up God* offers a narrative that gives us permission to let go of the past and our fear about the future, and instead train our attention on love and wonder in our present life and resurrect a peace deeper than we ever thought possible.



Giving Up God: Resurrecting a Spirituality of Love and Wonder

\$16.95 Paperback

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Talking Points:

- How does someone go through such a faith shift but still manage to keep the support of family and friends?
- Why are some people able to keep their faith, while others lose their religion?
- If we don't consider churches today our spiritual community, especially as they are slowly dying of lost income and human presence, where do we now find spiritual community?

Sarah Henn Hayward is a writer, a voracious reader, a deep thinker, a curious learner, a nature lover, a brave adventurer, an Enneagram 7, a former Christian, a Doctor of Physical Therapy, and a loyal friend. Her blog at sarahhennhayward.com highlights the books of marginalized communities, and she is active on Instagram as [@shaywardwrites](https://www.instagram.com/shaywardwrites). She lives in Spokane, WA, with her husband Dan and her two children.



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