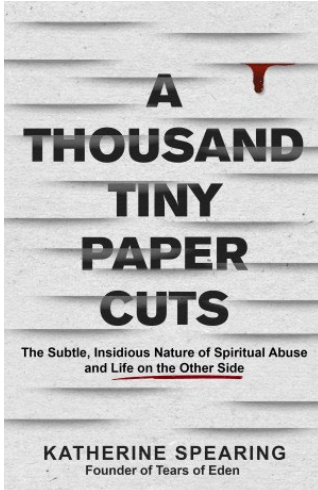


A real-life explanation of the experience of spiritual abuse and the survivor recovery process.



A Thousand Tiny Paper Cuts is a raw, arresting dive beneath the glossy surface of American evangelicalism, exposing the often-invisible damage of spiritual abuse. Drawing on her upbringing in the Christian Patriarchy Movement, her former role as a ministry leader, and her work founding the nonprofit Tears of Eden, Katherine Spearing offers an unflinching look at the wounds that religious institutions cause, which are impossible to ignore, and helps you name and understand them.

The book's title evokes the nature of these injuries—small, subtle, and nefarious—cuts that bleed out over a lifetime. With piercing insight and a voice both tender and fierce, Spearing unpacks power imbalances, spiritual gaslighting, and the silent corrosion of autonomy under abusive religious systems.

From the application of shame to the shattering of trust, she exposes what happens when faith is used as a weapon—and what it takes to walk away. With moments of wit, clarity, and deep compassion, this survivor-centered narrative doesn't just expose abuse—it provides a path toward a thriving life.

A Thousand Tiny Paper Cuts is essential reading for anyone deconstructing harmful faith, supporting survivors, or daring to imagine a life beyond the confines of religious control.

A Thousand Tiny Paper Cuts:

The Subtle, Insidious Nature of Spiritual Abuse and Life on the Other Side

PAPERBACK | \$18.95 | 5.5 x 8.5 | 9781957687629 | Publication Date: October 14, 2025

EBOOK | \$9.99 | 9781957687636

Talking Points:

- Many are leaving evangelicalism as the hidden toll of spiritual abuse comes to light.
- Survivors of church trauma need more than belief deconstruction; they need to know what's next.
- Christian nationalism fuels spiritual harm as power and control distort faith.



Katherine Spearing, MA, CTCR, is the founder of Tears of Eden, a nonprofit supporting survivors of spiritual abuse and is a Certified Trauma Recovery Practitioner with a Master of Arts in Religion and Cultures. For five seasons, she hosted the groundbreaking podcast *Uncertain*, pioneering pivotal conversations around abuse in churches. In addition to working with survivors of trauma and abuse, she is an author, sought-after podcast guest, and advocate for women reclaiming their autonomy after systemic oppression.

Follow at katherinespearing.com; Instagram [@katherinespearing](https://www.instagram.com/katherinespearing); Facebook [@spearingkatherine](https://www.facebook.com/spearingkatherine)

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