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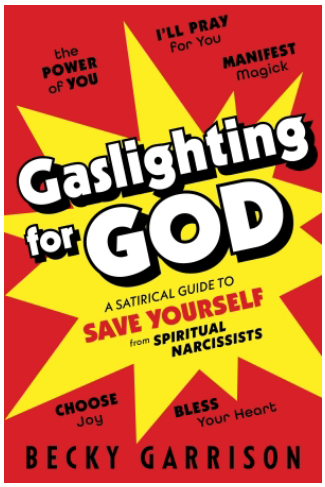
A no-BS survival guide to dodging narcissistic gurus and reclaiming your spiritual sanity.



In a world full of uncertainty, self-styled spiritual saviors are out here hawking salvation like it's the latest TikTok trend.

Enter *Gaslighting for God*, Becky Garrison's biting and hilarious exposé of how narcissism has become the unfortunate backbone of so much American spirituality. With the sharpness of a court jester's wit, Garrison uncovers the tactics of narcissistic gurus who weaponize faith to build empires—whether they're celebrity pastors pushing prosperity gospel or retreat leaders draped in faux humility.

Through insightful commentary and jaw-dropping case studies, Garrison equips readers with the tools to identify these spiritual con artists, from self-promoters basking in the spotlight to those quietly manipulating from the shadows. Each chapter doubles as a field guide to identifying the red flags, whether they're waving at a megachurch or a "cozy" spiritual retreat.

But this isn't just a takedown—it's a roadmap to escape toxic systems and find healthier, inclusive spaces for our lives going forward. Packed with humor and hard truths, Garrison's *Gaslighting for God* is a must-read for anyone ready to ditch the spiritual snake oil and reclaim their path. Equal parts entertaining and empowering, it's religion exposé meets survival guide.

Gaslighting for God: A Satirical Guide to Save Yourself from Spiritual Narcissists

PAPERBACK | $18.95 | 5.5 x 8.5 | 9781957687704| Publication Date: January 27, 2026
EBOOK | $9.99 | 9781957687711| AUDIO | 9781957687728

Talking Points:

- How does spiritual narcissism show up in both evangelical megachurches and New Age spaces?
- What are the red flags of spiritual narcissists?
- Why discernment is more essential than ever in today's marketplace of spiritual ideas.

As a religious satirist, Becky Garrison served as a senior contributing editor for *The Wittenburg Door* from 1994 to 2008 and has been a member of its board of directors since its relaunch in 2021. She's the author of nine books, including *Jesus Died for This? A Satirist s Search for the Risen Christ* and *Distilled in Washington: A History*. She lives in the Pacific Northwest, where she covers its craft culture, including cider, beer, wine, spirits, cannabis/CBD, psychedelics, and the regional festival scene. Follow on Instagram, Facebook, or Substack.

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https://www.lakedrivebooks.com/books/gaslighting-for-god/