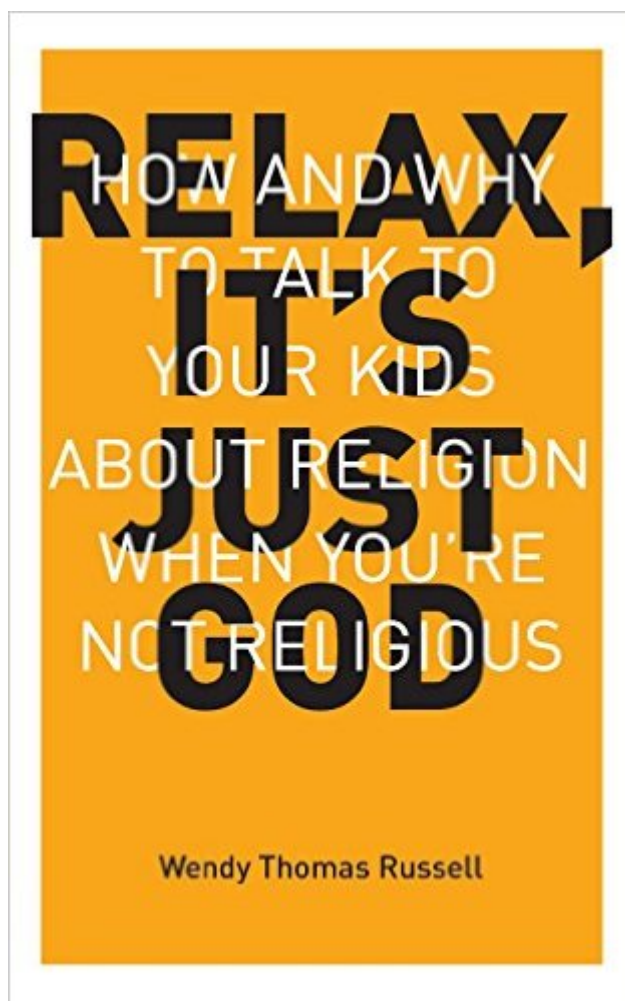


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# Relax, It's Just God: How And Why To Talk To Your Kids About Religion When You're Not Religious



## Synopsis

Featured on the PBS NewsHour! A step-by-step guide to raising confident, open-minded, tolerant kids A rapidly growing demographic cohort in America, non-religious and progressively religious parents are at the forefront of a major and unprecedented cultural shift. Unable to fall back on what they were taught as children, many of these parents are struggling -- or simply failing -- to address issues of God, religion and faith with their children in ways that promote honesty, curiosity, kindness and independence. The author sifts through hard data -- including the results of a survey of 1,000 secular parents -- and delivers gentle but straightforward advice to atheists, agnostics, humanists and open-minded believers. With a thoughtful voice infused with humor, Russell seamlessly merges scientific thought, scholarly research and everyday experience with respect for a full range of ways to view the world. "Relax, It's Just God" goes beyond the numbers to assist parents (and grandparents) who may be struggling to find the right time place, tone and language with which to talk about God, spirituality and organized religion. It encourages parents to promote religious literacy and understanding and to support kids as they explore religion on their own -- ensuring that each child makes up his or her own mind about what to believe (or not believe) and extends love and respect to those who may not agree with them. Subjects covered include: Talking openly about our beliefs without indoctrinating kids Making religious literacy fun and engaging Talking about death without the comforts of heaven Navigating religious differences with extended family members What to do when kids get threatened with hell

## Book Information

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## Customer Reviews

I can't say enough good things about *Relax, It's Just God*. Ms. Russell brings a much-needed and extremely refreshing approach to secular thought and parenting, providing a wonderful collection of techniques for educating children about religion. And, in so doing, she also provides the parents excellent material for their own reflection, thoughtful discussion, and growth. With this book, Ms. Russell walks a perfect path of compassion and understanding, with reasoned thought and touching, heartwarming stories, and humor sprinkled throughout--but without ridicule. *Relax, It's Just God* is an absolute joy to read, and refreshingly free of the sour, elitist, intolerant vitriol which dominates the writing (and/or comments sections) of some other writers in the atheist/agnostic/secular/free-thinking community. I've been an avid reader of Ms. Russell's blog for several years. The book is much more than a mere compilation of blog posts, containing more information, but is in some ways a perfect distillation of the blog, both equally clever, smart, and obviously motivated by genuine compassion and caring. Although *Relax, It's Just God* is intended mostly for non-religious parents, it is most definitely not to the exclusion of the religious. Regardless of where readers may fall on the religious spectrum, I think only the most unreasonable on either end could actually come away from it with serious complaints. The book sets and maintains a tone that is more--much more--than mere tolerance or coexistence. It successfully delivers the messages that actions matter more than belief and that an approach which embraces free-thinking religious literacy and education--not indoctrination or silence--is the most promising and effective. To be clear, Ms.

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