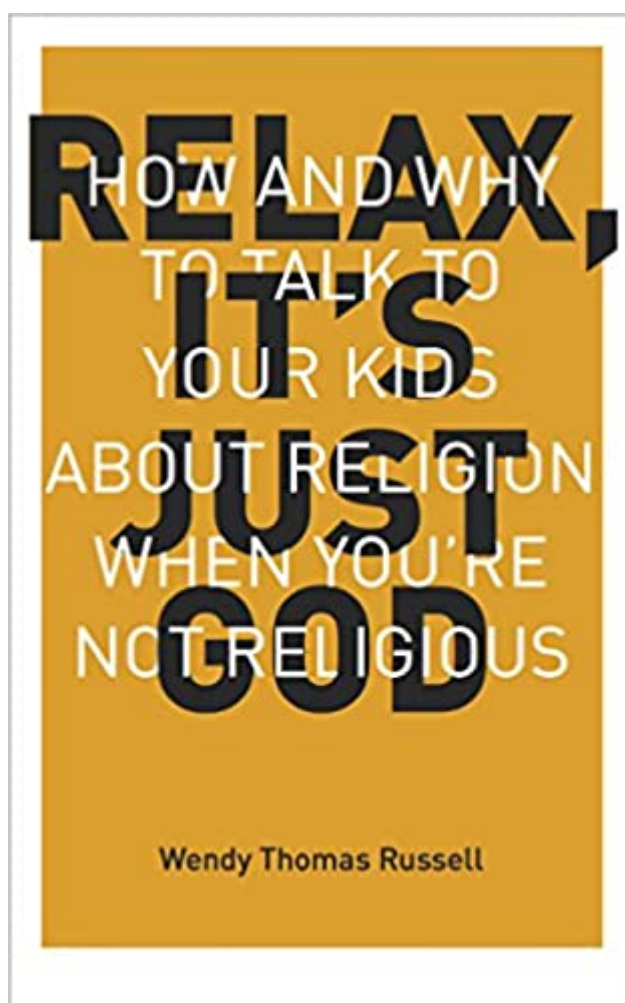


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# Relax It's Just God: How And Why To Talk To Your Kids About Religion When You're Not Religious



## Synopsis

A step-by-step guide to raising confident, open-minded, tolerant kids -- as featured on the PBS NewsHour 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

"In this gem of a book, journalist Russell explores religion from a nonreligious perspective, helping parents guide their children in a healthy, exploration-oriented direction without guilt, dogma, or indifference.... This singular book with a clean style and respectful approach is recommended for all libraries." -- Library Journal (starred review)"Written for secular parents from a nonreligious perspective, this guide explores methods of teaching youngsters about God, religion and spirituality... Contains a wealth of information for secular or mixed-religion families preparing for the God talk with kids." -- Kirkus Reviews"Relax, It's Just God is a thought-provoking entry in the expanding category of secular parenting advice." -- The Humanist Magazine"Wendy is a strong, funny, articulate new voice in secular parenting." -- Dale McGowan, author and editor, Parenting Beyond Belief: On Raising Ethical, Caring Kids Without Religion"If only we all could have a mother with the approach to religious literacy described in Relax Its Just God. Wendy Thomas Russell conducted a fascinating survey of parents for this important book, and the results deserve wide discussion... 'Relax It's Just God' is a friendly and wise and highly readable guide to teaching children about religion so they can respond with openness and intelligence." -- Robert Tulip, Booktalk.org"An eminently frank, personal, honest, and informative exploration of how to approach religion and secularism with your children. Rich with sociological data, engaging case studies, and a plethora of helpful techniques and strategies, this thoughtful book should be warmly welcomed by that growing population of Americans who are raising their kids without religious faith or involvement." -- Phil Zuckerman, author of Living the Secular Life: New Answers to Old Questions"Wendy Thomas Russell never shies from the big questions. Her fresh, funny take on non-religious parenting is a much-needed addition to the secular landscape, and her book is an invaluable resource for parents who are raising kids without religion." -- Katherine Ozment, author, Grace Without God: The Search for Meaning, Purpose & Belonging in a Secular Age"'Relax: It's Just God' is valuable for so many reasons. The book offers helpful timelines for how to talk to kids about religion at every age and includes a handy appendix with the Cliffs Notes version of each major religion of the world, along with ways to observe their holidays in a secular way. The book's full of useful tools that you and your kids can use when confronted by religious peers and well-meaning family members. Best of all, it handles a potentially heavy topic with a lighthearted sense of humor, giving the reader the sense that we really can relax about it." -- True Parent Magazine"Since first encountering her work, I have been ceaselessly impressed by Wendy's dedication to showing non-religious and religious parents alike a more compassionate way to approach religious differences. Hers is a vital voice in the world today." -- Chris Stedman, author of Faithist: How and Atheist Found Common Ground with the

Religious"One of the best things I've read in years." -- Karen Loethen, co-host of The Secular Parents Broadcast  
"Wendy is remarkably versatile, expert at explaining the inexplicable (say, God), compassionate, refreshingly effortless with language, tireless in her investigations and research and, finally, a joy to read. If I were to take it upon myself to create a new publication, on the first day I would hire Wendy Thomas Russell, and on the second day I would rest." -- Tim Grobaty, author, *Here: A Life in the Paper*

Empty

My husband and I are first generation secular parents living in the "Bible Belt." Religion is everywhere, so we struggle with the task of creating an environment for our children that encourages critical thinking, religious literacy and tolerance. This book is an amazing resource! The author guides you through the "when" and "how" to introduce religion to your children so that they aren't ambushed by peers or relatives. The author also offers practical guidance for discussing sensitive subjects like death and afterlife. She even gives tips on the dreaded business of "coming out" to your family! I am excited to offer our children the opportunity to explore and decide for themselves what they believe and don't believe. The journey ahead seems significantly less intimidating thanks to this awesome book. So, "Relax, it's just God."

This was the perfect book for me. I was raised without a strong religious identity best described as "sorta Christian," but my husband was raised Hindu with mantras, a family guru, and all kinds of traditions and beliefs that were really foreign to me when we met. Having to learn about his religion in order to understand his family was fascinating, but the novelty wore off when our first child became old enough to understand that his father's religion was different than that of his peers. *Relax, It's Just God*, helped me break down the complicated and interconnected emotions I had on a topic that has never felt comfortable. With a good dose of humor, the author provides a framework for moving beyond the uncomfortable space between belief and disbelief and underscores the importance of encouraging children to come to their own conclusions about god and religion. Mixing research and expert opinions with some of the most charming personal stories, this parenting book was fun to read. Religious literacy is so important in understanding our local communities and our world. My now seven-year old is already seemingly able to navigate going to temple with his grandfather, discussing moral values at the weekly chapel his Christian-based private school holds, and enjoying the traditions and

celebrations of his many Jewish friends. My personal parenting goal is for my child to be thoughtful and curious about faith and religion, and to grow into a person confident in his own beliefs and accepting of others. The lessons in this book makes me confident I can continue to help him on that journey.

An easy, thought-provoking read that (hopefully) has me prepared for my children's questions about life's biggest questions. At the core, this is a book about raising children to be respectful toward any religious beliefs. A good guide for any parent--religious or not--who is interested in teaching religious literacy and tolerance.

Well written and informative. I really enjoyed the personal stories regarding the author's own child. I want to create a dialog with my children about religion in which they don't feel like the topic is off limits. This book provided great examples of how to begin those conversations.

This book is the perfect guide for how to talk to a child about religion when there's not an abundance of or adherence to any given religion at home. My hope is that our daughter will make her own decisions about her beliefs as she grows older and learns more about the world. Having a resource like this handy when questions come up is indispensable.

Really enjoyed advice and new perspectives on the topic of, bottom line, how to deal with anyone who is passionate about their beliefs which are not yours. Great background on various religions, too. Can't imagine anyone who wouldn't benefit from a new perspective on their pet peeves, religion being one.

This is a wonderful book for parents who want to help kids understand religions and make up their own mind. The author makes an important argument for why you need to talk about religions in the home so children do not learn through omission not to bring up the questions they have. Highly recommend

Russell's message is excellent for religious and non-religious parents alike. She handles the topic of religion with tolerance and understanding-exactly what I want for my children.

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How to Talk Dirty: Make Him Explode Whispering These 173 Dirty Talk Examples that Will Rock His World & Have Him on His Knees Begging You for Sex (Improve & Spice Up Your Sex Life - Dirty Talk) Private Government: How Employers Rule Our Lives (and Why We Don't Talk about It): How Employers Rule Our Lives (and Why We Don't Talk about It) (The University Center for Human Values Series) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself Coloring Book for Men - Be Bold, Be Brave and Just Color!: Coloring drawings to help you relax and improve your mood Small Talk Made EASY!: How to Talk To Anyone Effortlessly and Talk with Confidence and Ease! Conversation: The Gentle Art Of Hearing & Being Heard - HowTo "Small Talk", How To Connect, How To Talk To Anyone (Conversation skills, Conversation starters, Small talk, Communication) How to Talk so Kids Will Listen...And Listen So Kids Will Talk How to Talk So Kids Will Listen & Listen So Kids Will Talk What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) The Upside of Your Dark Side: Why Being Your Whole Self--Not Just Your "Good" Self--Drives Success and Fulfillment God Talks to Me about Thankfulness - Children's Book about Thank You - Thank You God - Catholic Children's Books - God's Word for Children, Happy ... Lord - Padded Hard Back (God Talks with Me) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) The Hip Hop Wars: What We Talk About When We Talk About Hip Hop--and Why It Matters Asthma: Relax, You're Not Going to Die: Breathe More Easily with Safe and Effective Natural Therapies What Your Doctor May Not Tell You About(TM) Glaucoma: The Essential Treatments and Advances That Could Save Your Sight (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) Prostate Cancer: The Breakthrough Information and Treatments That Can Help Save Your Life (What Your Doctor May Not Tell You About...) What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life (What Your Doctor May Not Tell You About...(Paperback))

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