



# I'm (No Longer) a Mormon: A Confessional

*Regina Samuelson*

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## **I'm (No Longer) a Mormon: A Confessional** Regina Samuelson

Now in her 30's, Regina Samuelson has decided she can no longer be Mormon. This is not as easy as one would imagine: She was born in the church, educated at BYU, married in the temple, and is raising more Mormons. She faced a serious conundrum: keep quiet (and avoid losing everything dear to her), or tell the world what being raised LDS does to a person's psyche, especially when they realize that everything they were taught and everything they hoped to believe is a lie. To expose the difficulty faced by Mormons who leave the Church and to seek support for their plight, Regina offers a first-person confessional memoir recounting her many atrocious experiences, managing to weave in enough humor to keep you turning pages, and enough brutal honesty to bring you to an understanding of what it is to be a Mormon, and to try to leave it behind...

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