



Post-Traumatic Church Syndrome: A Memoir of Humor and Healing

Reba Riley

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An important inspirational debut, *Post-Traumatic Church Syndrome* is much more than a memoir about reclaiming faith and overcoming chronic illness. Written with humor and personality, it tackles the universal struggle to heal what life has broken. This is a book for questioners, doubters, misfits, and seekers of all faiths; for the spiritual, the religious, and the curious.

Reba Riley's twenty-ninth year was a terrible time to undertake a spiritual quest. But when untreatable chronic illness forced her to her metaphorical (and physical) derriere on her birthday, Reba realized that even if she couldn't fix her body, she might be able to heal her injured spirit. And so began a yearlong journey to recover from her whopping case of Post-Traumatic Church Syndrome by visiting thirty religions before her thirtieth birthday. During her spiritual sojourn, Reba:

- Was interrogate by Amish grandmothers about her sex life
- Danced the disco in a Buddhist temple
- Went to church in virtual reality, a movie theater, a drive-in bar, and a basement
- Fasted for thirty days without food—or wine
- Washed her lady parts in a mosque bathroom
- Was audited by Scientologists
- Learned to meditate with an urban monk, sucked mud in a sweat lodge with a suburban shaman, and snuck into Yom Kippur with a fake grandpa in tow
- Discovered she didn't have to choose religion to choose God—or good

For anyone who has ever longed for transformation of body, mind, or soul, but didn't know where to start, *Post-Traumatic Church Syndrome* reminds us that sometimes we have to get lost to get found.

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