

Stage Three

Stage Three hooks can have you believing that you are incapable of thinking on your own or that you have no choice but to fall prey to “shoulds” and “musts ” that can be chronically self-sabotaging. The resources below will hopefully promote independence and help you challenge your thoughts and beliefs in order to free you to get out of your comfort zone and on to the path toward your highest potential.

Books

[Critical Thinking: Tools for Taking Charge of Your Professional and Personal Life](#)

By Richard W. Paul & Linda Elder

This book offers readers the skills for making better decisions.

[Fitting In Is Overrated: The Survival Guide for Anyone Who Has Ever Felt Like an Outsider](#)

By Leonard Felder Ph.D

This book teaches you to value your differences and utilize your uniqueness.

[The Courage to Be Yourself: True Stories by Teens About Cliques, Conflicts, and Overcoming Peer Pressure](#)

By Al Desetta M.A.

This book offers true accounts by teens of being different and how to overcome the pressure to “fit in”.

[The Demon-Haunted World: Science as a Candle in the Dark](#)

By Carl Sagan

A guide on how to think critically and test beliefs and theories before accepting them as truth.

[Brainwashing: The Science of Thought Control](#)

By Kathleen Taylor

A psychological description of how one’s opinions can be changed.

[Cults in Our Midst: The Continuing Fight Against Their Hidden Menace](#)

By Margaret Thaler Singer

This book offers a perspective on cults.

[Combatting Cult Mind Control: The #1 Best-selling Guide to Protection, Rescue, and Recovery from Destructive Cults](#)

By Steven Hassan

A former cult member describes the use of psychological manipulation in cult recruitment.

[Recovery from Cults: Help for Victims of Psychological and Spiritual Abuse](#)

By Michael D. Langone

This book offers practical guidelines for those who have left cults.

[1984](#)

By George Orwell

The classic dystopian novel about a totalitarian society.

[Animal Farm](#)

By George Orwell

This one of Orwell's classic novels addresses corrupt leadership.

[The Origins of Totalitarianism](#)

By Hannah Arendt

This book discusses totalitarian governments specifically in Nazi German and Stalinist Russia.

[Fundamentalism and American Culture](#)

By George M. Marsden

This book addresses fundamentalist beliefs in modern society in both politics and religion.

Websites

[Understanding Prejudice](#)

Understanding Prejudice offers educational resources and information on prejudice, discrimination, multiculturalism, and diversity, with the ultimate goal of reducing the level of intolerance and bias in contemporary society.

[Cult Clinic & Hotline](#)

If Cults or Missionary Groups Have Disrupted Your Life... The Cult Hotline & Clinic Can Help! Since 1980, our mental health professionals have worked with thousands of families and former cult members—providing counseling, information, and referrals to people of all religious, ethnic and racial backgrounds. Our outreach initiative has organized events to educate people about cults and missionary groups

Articles

[The Psychology of Creativity](#)

By Jeremy Dean

Several articles looking at what is creativity, how to increase it, factors that block it, and how to find a balance.

[“Herd” Mentality Explained](#)

By Rick Nauert Ph.D

The influence of others and why we make decisions based it.

[Fear Factor: How Herd Mentality Drives Us](#)

By Josh Landis

Herd mentality examined further.

[Why The "Fundamentalist" Approach To Religion Must Be Wrong](#)

By Scott Bidstrup

A comprehensive look at fundamentalist religions and the many issues related to them.

Have a resource that helped you or think could help others? Please share it with us in the comments section below. Stage Climbing is constantly evolving and searching for resources that could benefit our community. We value your comments and feedback, so let us know how we can make this section better.