



Scientology: A to Xenu: An Insider's Guide to What Scientology is All About

By Chris Shelton

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What is Scientology really? Behind the glossy logos and sleek advertisements and South Park parodies, what do Scientologists really believe and practice? Is it really a religion? Who was L. Ron Hubbard and why did he start it in the first place? Is their "technology" for real or just so much New Age pseudoscience?

Former insider Chris Shelton grew up in Scientology and worked for it for 25 years. This critical analysis covers the key aspects of its beliefs, practices and structure from the bottom to the top, including not just the confidential Xenu story but details all of the upper level scriptures. Chris goes into detail about what goes on inside Scientology churches, why their members get involved in the first place and what it takes to get out should someone decide to leave.

An informative guide for anyone who has been involved with Scientology in the past as well as anyone who wants to understand what it's really all about.

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Editorial Review

About the Author

Born and raised in California, Chris Shelton grew up in Scientology and spent 25 years actively working for it at its highest levels. Having escaped in 2013, he has been an outspoken critic and anti-cult advocate ever since. He has chronicled his recovery from Scientology on his blog, The Critical Thinker at Large, and on his YouTube channel.

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