



What If I'm an Atheist?: A Teen's Guide to Exploring a Life Without Religion

By David Seidman

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Can you have guidance without God? This thoughtful, one-of-a-kind guide offers answers to all of your questions about atheism and nonbelief.

Have you ever wondered what religion and belief means for your life? Maybe you believe in nothing at all. Does that mean you're an atheist? What does atheism even mean? Regardless of the religious background you grew up with, it's natural to question what you believe...or what you don't. Establishing your views about religion and spirituality is part of becoming an individual, but outside pressures can make it tough to know what is right for you.

What If I'm an Atheist? offers a thoughtful exploration of how atheism or the absence of religion can impact your life. From discussing the practical significance of holidays to offering conversation starters and tips, this guide is an invaluable resource about religion, spirituality, and the lack thereof.

This compassionate, nonjudgmental guide includes peer interviews featuring both religious and atheist teens and provides a safe space to find answers to the questions you may not want ask out loud, so you can decide what you believe—or don't—for yourself.

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Editorial Review

From School Library Journal

Gr 8 Up—Seidman advertises his work as a self-help guide for teens who question their faith or have decided that they are not religious. Unfortunately, the book's content does not match the goals that Seidman offers in his introduction. In an effort to define atheism, the author fills the first half of the book with quote after quote from famous atheists, as well as those from teens and adults sharing their own anecdotes and beliefs, which makes the book seem more suited for a research paper than for adolescents seeking guidance. In the second half, Seidman hits his stride and provides some useful advice on telling parents and friends, dealing with those who would convert atheists or treat them as pariahs, and how to argue for one's beliefs. The book contains an appendix with additional resources and an extensive list of notes citing the origin of every quote. Readers may find more support from one of the sources listed here.—Elizabeth Kahn, Patrick F. Taylor Science & Technology Academy, Jefferson, LA

Review

"Thought-provoking, sometimes gut-wrenchingly honest, and chock full of real-world information, this is a book that both nonbelievers and believers will find stimulating and worthy of discussion." (Anna Jedrzewski *Retailing Insight*)

"From veteran journalist Seidman comes a straightforward guide for the teen interested in contemplating atheism.... A superbly written, smart and sensitive guidebook." (*Kirkus Reviews*)

"Journalist Seidman offers a guide for teens struggling with unbelief, particularly those who are likely to experience hostility or ambivalence about their change in convictions.... an excellent primer for teens needing guidance in navigating the culturally contentious and personally troublesome waters of religion." (*Publishers Weekly*)

"Seasoned journalist and prolific writer, Seidman claims to practice "a higher . . . service journalism, [offering] information that can help change a life," and he delivers on that promise. With well-reasoned, meticulously researched, articulate, serious and lighthearted content, the book is delightfully teen friendly." (Cynthia Winfield *VOYA*)

"Having written about a similar subject myself, I can tell you Seidman's book is excellent, personal, and an incredibly useful resource. I hope libraries everywhere stock this one, because I have no doubt a lot of people will check it out." (Hermant Mehta *Patheos*)

"Thoughtful and smartly written chapters explore atheism through research and interviews with both atheist and religious teens. Open-minded discussions of religious holidays, personal experiences, and religious questions, among other topics, make for a must-have resource." (Margaret E. Auguste *School Library Journal*)

"Seidman's book is an easy-to-use and in-depth resources for atheists or those seeking to understand atheism better and should be included in all collections." (Teen Librarian Toolbox *School Library Journal*)

About the Author

David Seidman is a Los Angeles-area journalist, editor, and author who often writes nonfiction for teens. He

comes to the topic of atheism with empathy for teenagers and for people in the religious minority, but he's nobody's advocate. He has written on topics as diverse as a US president, civil rights, teens in Iran, and holiday lights displays.

Users Review

From reader reviews:

George Clark:

Reading a guide can be one of a lot of exercise that everyone in the world likes. Do you like reading book and so. There are a lot of reasons why people enjoyed. First reading a book will give you a lot of new facts. When you read a book you will get new information due to the fact book is one of various ways to share the information as well as their idea. Second, looking at a book will make you actually more imaginative. When you looking at a book especially fictional book the author will bring you to imagine the story how the figures do it anything. Third, you may share your knowledge to some others. When you read this What If I'm an Atheist?: A Teen's Guide to Exploring a Life Without Religion, you may tells your family, friends and soon about yours guide. Your knowledge can inspire others, make them reading a publication.

Christopher McCrady:

Reading a reserve tends to be new life style on this era globalization. With studying you can get a lot of information that could give you benefit in your life. Having book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. A lot of author can inspire their very own reader with their story as well as their experience. Not only the storyplot that share in the books. But also they write about the ability about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors on this planet always try to improve their ability in writing, they also doing some exploration before they write to their book. One of them is this What If I'm an Atheist?: A Teen's Guide to Exploring a Life Without Religion.

Albert Lightner:

In this era globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher this print many kinds of book. The particular book that recommended to you is What If I'm an Atheist?: A Teen's Guide to Exploring a Life Without Religion this guide consist a lot of the information from the condition of this world now. That book was represented so why is the world has grown up. The language styles that writer use to explain it is easy to understand. The particular writer made some analysis when he makes this book. That is why this book appropriate all of you.

Sandra Birk:

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