



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:

Lawrence Gregory:

The reserve with title What If I'm an Atheist?: A Teen's Guide to Exploring a Life Without Religion includes a lot of information that you can understand it. You can get a lot of advantage after read this book. This specific book exist new information the information that exist in this guide represented the condition of the world at this point. That is important to yo7u to learn how the improvement of the world. That book will bring you throughout new era of the globalization. You can read the e-book on your smart phone, so you can read that anywhere you want.

Hilary Williams:

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Douglas Holmes:

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Elizabeth Jamerson:

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