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Go Only As Fast As Your Slowest Part Feels Safe To Go



Synopsis

In this collection of emotionally uncensored tales, the author, a licensed psychologist, shares lessons learned from a life dedicated to healing from the ravages of hyper-self-criticism and super-achievement that plague most of us, particularly women. The tales are teaching stories through which the reader vicariously experiences ways to move from self-reproach to self-nurture and self-acceptance. The lessons of radical self-care, self-compassion and self love in these pages help one to kindle an inner dialog that can be life changing. The stories may open readers to a more kind-hearted relationship with themselves. They repeatedly remind readers to go more slowly, to honor and make safe space to feel all their feelings, to remember that rest is a sacred act and to know that it is possible to compassionately embrace all the ways that they are: ever-evolving, warts and all, stumbling works-in-progress always doing the best they can with the consciousness available to them in the moment.

Book Information

File Size: 10211 KB

Print Length: 401 pages

Publication Date: November 16, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00BROR16Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #658,052 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

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Customer Reviews

This may be one of the first books or even the first time this beautiful thinking has been introduced to me. So often we hear quips of going faster, being more productive, getting more accomplished.

And for what? As one who worshipped the glorification of busy most of my life, I've now landed in my mid-fifties with Chronic Fatigue and a host of other maladaptive conditions. Robyn has set us free and given us permission to jump off the merry-go-round and possibly saving our lives in the process. As I read through her book, I kept saying WOW, over and over hoping that this vital information would stick. Hats off to you for giving us such a gem of a book and a glimpse into yourself. Thank you.

Robyn's book has two deeply powerful messages. First, she walks us through her own healing journey, so that we too can learn to treat ourselves more kindly, more lovingly. We can never "love" someone into health, no matter how hard we try. It is only ourselves that we can fix this way--and in fact this the only way we can heal those parts of us that are broken. Secondly, she teaches us a vision of power that is profoundly different from that of the male paradigm. Rather than power over others where power is a limited commodity, Robyn speaks of power as self-empowerment; there is room for those around us to be empowered as well. So much better for humankind and our planet. I love this book...My profound thanks, Robyn, for sharing your wisdom with us.

Simply put...amazing! In a world that applauds financial gain, this book is a remarkable reminder of the truly important things in life, self-love, acceptance and rest!

This book is a lifeline in a storm. When society fails to give us permission to survive our lives, the wisdom contained in this book does with gentle comfort and humor. Robyn is such a gifted psychologist who is able to help because she has lived the challenges she addresses.

Rarely does a book invite me to keep to the path of self-compassion quite as this book does. The style of writing is wonderful for beckoning the reader enter that sometimes quite painful inquiry of past, present and future. I have suffered with BPD practically forever but now with this book and a few others as well as good therapeutic support I feel encouraged and energized. Thank you and Bless you for writing this book!

Robyn provides a wealth of wisdom in her book and through her walk of life. She guides us toward being kind and gentle to the person many of us neglect - ourselves. I highly recommend Robyn's book ...beyond 5 stars ...as a loving gift for yourself and your friends!

Very helpful book for anyone who has gone through a difficult time. The author is caring, nurturing and sensitive to the "walking wounded".

This is a wonderful read and a good re-read!

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