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Go Only As Fast As Your Slowest Part Feels Safe To Go: Tales To Kindle Gentleness And Compassion For Our Exhausted Selves



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

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Customer Reviews

"If you have ever wondered how self-acceptance looks, sounds and feels, this book is for you. If replacing self-reproach with self-nurturing seems like a good idea, but you haven't got a clue, this book is a must read. We all know how to talk the talk of self-acceptance and self-nurturing. Robyn's life tales show us how to walk the walk. Finally, the words to create an inner dialogue that is truly life changing. A major contribution to the subject of how change occurs at the deepest levels."

— Carol Munter & Jane Hirschmann, *Overcoming Overeating & When Women Stop Hating Their Bodies* "Robyn's work and words are deeply beneficial and instructive to all who

feel less than self-loving or caring. You will find shelter and wings in the tender ferocity of these words that offer a sturdy platform of support and wisdom for people who wish to experience true self-love and care." - SARK (Susan Ariel Rainbow Kennedy) author and artist of Succulent Wild Woman, Eat Mangoes Naked, Transformation Soup, Glad No Matter What, etc.

This collection of emotionally uncensored tales spirals back and forth through time, describing her struggles and emerging awareness along the way of that journey. They reveal how she grew an unconditionally loving, fiercely protective inner caregiver (her Mommy-Inside) who helped her to finally end the battering of her virulent inner critic (the Hatchet Lady). This fierce and tender inner caregiver brought simple lessons in radical self-care, self-compassion and self-love that have transformed Robyn's ways of being with her self and with life. These lessons - affirmations and reminders of long forgotten or culturally suppressed truths about the importance of taking the very best care of our own vulnerable selves - are at the center of the tales in *Go Only as Fast as Your Slowest Part Feels Safe to Go*. They offer practical steps and encouragement for learning to be more gentle and compassionate with our over-stressed selves. The stories and their reminders are likely to touch you deeply. They may, as well, help you to kindle a more kind-hearted relationship with your own self.

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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