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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 â “ a licensed psychologist â “ 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, bumbling works-in-progress always doing the best they can with the consciousness available to them in the moment.

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Customer Reviews

The material and stories in this book are beautiful and rivetting, rich in wisdom and compassion, at once healing and exciting. I think this book will fill you with the hope of having the life you were born to live and the life you've dreamed of, because this book is about our souls and hearts; about peace, gladness, and freedom.

If you're tired of New Age doctrine, or self-improvement for dummies, here's a book that takes you in a different direction - it supports your right to transform your inner critic into gentle and caring self

acceptance. The author offers nuggets of wisdom gleaned from her own history as well as decades of professional practice. Her belief in self-nurturing is backed by personal stories that many people (women in particular) will relate to - stories of not being "good enough," of aiming for goals that were not really relevant, of counting on cultural myths instead of innate instincts. Whether you read it through from cover to cover, or taste different sections, or perhaps use the book as an oracle by opening to a section at random, you'll find pithy guidance illustrated by the tale that inspired it. For example, I turned to this one: "When change is moving quickly in your life...try living in the thinnest slice of now you can define!" Never trite, never dogmatic, this book is a reflection of its author's intelligence and deep understanding of issues many of us have been grappling with for a lifetime.

Robyn is the person who provided me with a detailed map to give myself the love and gentleness that I always needed, but never received. As a therapist I have, in turn, had the honor of sharing Robyn's wisdom with my clients and seeing over and over how learning to give ourselves loving care, self-acceptance, and protection from anything that feels "not right" leads to profound healing and freedom. Robyn's writings are a treasure trove of "how to love yourself" stories. And what works so well for me is that Robyn's stories are never written in "you should do it this way" form. Instead, she writes about times in her life when she has struggled with a problem, a person or her own inner critic. Then she shares how her own "inner mommy" helped her through those struggles with love, acceptance, patience, and tenderness. Reading her stories, I've found my inner voices saying, "Me too, me too!" seeing myself in the painful moments and then finding solace, hope and a new way of being with myself as she shares a profound learning that came through the pain. With a feminist lens, Robyn is able to articulate with clarity, humor and kindness, how we are socialized to go against ourselves, dismissing and denying our physical and emotional needs. Maybe we don't need more energy drinks. Maybe we need our own permission to take naps when we're tired! Maybe that sinking feeling in our bellies is a signal that we've just said "yes" when we really wanted to say "NO!" Maybe we don't need another diet book, but instead a way of listening inward to our true hungers and then honoring them. If you've been wanting the guidebook through the land of your truest self, you will LOVE, LOVE, LOVE this book,

Interesting book. While there were times that I thought the message was a bit self-absorbed, I also can see and agree that most of us never really get to a place of befriending all those vulnerable parts of ourselves that were dismissed or told to buck up as children, and how it is that we carry those messages with us throughout our adult lives. I actually found the author, emailed her, and she

was very warm and open in her correspondence. She "gets it" 'cause she's lived it and made it through.

By modeling honesty and openness, seasoned psychologist Robyn Posin shows how her journey to wholeness can inspire yours. Peppered with succinct, loving affirmations of self-care, infused with incisive commentary on society's influences on women, and drenched in courageous self-revealing stories, Robyn has created both a resource for learning how to practice loving kindness for oneself, as well as a fascinating and inspirational read. If your inner critic has been working overtime, if other people's opinions are more important to you than your own, if you would like to learn how to soothe yourself in times of stress and distress, pick up this book.

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.

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.

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