

I'd Like to Thank the Cartel for Getting Me Out of the Cult – a memoir

Dr. Robyn Lynette — Sound Bites

"Born into a cult. Married off to my first cousin, who got himself involved with the cartel. They didn't like me – not a safe place to be."

"My first husband was chosen by my father in the cult. My husband second I chose myself—a narcissistic, closeted bisexual. Zero out of five stars. Do not recommend."

"People always say, 'I don't know how you survived that.' Neither do I. I just kept taking one more step."

"Becoming myself was the most rebellious thing I've ever done."

"If you don't own your story, someone else will tell you what it is."

"A cult, a cartel, and a closeted narcissist. And that was just the first half of my life."

"The critical voice in your head isn't you. It's the echo of who you had to be to survive."

"Harry-ette is my critical voice of trauma and the patriarchy. She used to keep me stuck. Now I take the insight and dump the rest."

"Freedom didn't come with an instruction manual for avoiding my next disaster."

"People assume healing is a single dramatic moment. But it's actually a thousand tiny choices to no abandon yourself."