

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

By: Dr. Robyn Lynette

Perfect Segments/Stories:

- **"Red Flags I Missed and Ignored"** — What cult control and narcissistic abuse have in common, and how to spot manipulation before it's too late
- **"How a Drug Cartel Accidentally Freed Me"** — The wildest escape story you'll hear this year
- **"I Started College at 32 While Managing a Narcissistic Husband"** — Late bloomer success stories and why it's never too late
- **"Not Everyone Rooting for You Is Rooting for You"** — Why ambiguous relationships are the most toxic
- **"It's Not Your Fault. It Is Your Problem."** — Breaking generational patterns of trauma and control

Expertise areas:

- Recognizing manipulation and control (cults, narcissism, toxic workplaces)
- Breaking generational patterns
- Starting over/late bloomer success
- Mental toughness under pressure
- Critical thinking under stress
- Imposter syndrome, self-sabotage and hyper-independence