

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

By: Dr. Robyn Lynette

Jacket Copy

BACK COVER

My first husband was chosen by my father in the cult. My second husband I chose myself—a narcissistic, closeted bisexual. Zero out of five stars.

This is a memoir about what happens when you've only ever known control—and then have to figure out who you are without it. It's the moment you realize your normal is everyone else's nightmare. The chaos of starting college at thirty-two while your life implodes. The work of learning and relearning to trust yourself when you were raised to believe your thoughts were dangerous.

The book isn't about staying in the darkness. It's about the messy, unglamorous, sometimes hilarious work of finding your way out—and what it takes to build a life that's your own. Told with dark humor, sharp insight, and the battle scars of hard-won clarity, this is one woman's story of reclaiming her mind, her power, and her right to her own life.

The cult, the cartel, and two disastrous marriages—proof that freedom doesn't always arrive politely.

"From the very first page, I was pulled in by Robyn's story. It is raw, honest, and completely human. The fear, the confusion, the small victories—anyone who has ever felt trapped will see themselves in it."

— D. Moren

"I didn't just read this book, I experienced it. Robyn's story grabs you by the gut and refuses to let go. Escape, recovery, and freedom are possible."

— Mary Shaw

ThankTheCartel.com

FRONT FLAP

Some people get a Pinterest-worthy childhood. I got a cult, an arranged marriage, and an accidental assist from the cartel.

I was taught that my thoughts were dangerous, my personality too big, my very existence something that needed to be managed and controlled. So I did what you do to survive: I made myself small. Hyper-observant. Self-sacrificing. I became a master at reading rooms and dimming myself.

When my first marriage ended, I stumbled into competitive beach volleyball—and for the first time, caught a glimpse of who I actually was. Then I made my own mistake: I married a narcissist. Apparently, freedom doesn't come with an instruction manual for avoiding your next disaster.

While my personal life spiraled, I started college at thirty-two. Six and a half years later, I emerged with three degrees—an undergrad in clinical psychology, then a master's and doctorate in business psychology with a concentration in high-performance and sport. I was falling apart and rebuilding myself, one therapy session and textbook at a time.

This memoir isn't a pretty journey from darkness to light. It's the real story: messy, uncomfortable, sometimes darkly funny, and ultimately about learning to trust yourself even in chaos.

BACK FLAP

DR. ROBYN LYNETTE is what one client dubbed a "Mental MacGyver"—operating in the space between executive coach, therapist, and business strategist. When someone faces an impossible situation, she works with them to improvise solutions and rewire the patterns keeping them stuck. She lived several lifetimes before she turned forty: cult kid, arranged marriage survivor, competitive beach volleyball player, serial degree collector, and veteran of a spectacularly bad second marriage. Today she runs her own business (MentalMacGyver.com), lives with her loving husband Russ and their circus-trick-performing dog Nebula, and uses her past as her greatest credential.

For over a decade, people have been asking when the book—or better yet, the movie—was coming out. They couldn't reconcile the put-together, successful woman in front of them with the chaos she'd survived and somehow thrived beyond.

This is her answer.

Her past used to be something she hid. Now she's done covering for people who behaved badly—and uses her story to illuminate patterns of control and how to break free. For those living in the chaos, and those who carry the scars: You are not alone.