

Dr. Robyn Lynette
media@ThankTheCartel.com
732-421-5170

ThankTheCartel.com

FOR IMMEDIATE RELEASE

Media Contact:

Media Relations Team for Dr. Robyn Lynette

Email: Media@ThankTheCartel.com

Phone: 732-421-5170

Website: www.ThankTheCartel.com

Date: November 5, 2025

Memoir Release: **I'd Like to Thank the Cartel for Getting Me Out of the Cult**

"My First Husband Was Chosen by My Father in the Cult. I Chose My Second Husband Myself—A Narcissistic, Closeted Bisexual. Zero Out of Five Stars."

Cult Survivor Turned Beach Volleyball Player Turned "Mental MacGyver" Releases Darkly Funny Memoir About Escaping Control—And Learning to Choose Herself

PHILADELPHIA, PA — Dr. Robyn Lynette survived an arranged marriage in a religious cult, an inadvertent brush with a drug cartel, a disastrous second marriage to a closeted bi-sexual narcissist, and starting college at 32 while her world collapsed around her. Now a client-described "Mental MacGyver" with a doctorate in business psychology who helps people escape their head trash, she's written the memoir she wishes someone had handed her years ago: *I'd Like to Thank the Cartel for Getting Me Out of a Cult* — **proof that freedom doesn't always arrive politely.**

The Story

Raised in a high-control religious group, Lynette's childhood was governed by absolute obedience, isolation, and an arranged marriage at 18. Her escape came through the most unlikely catalyst: her husband got involved with the cartel and they didn't like her.

But freedom turned out to be more complicated than she'd imagined. Without a roadmap for autonomy, she stumbled into a second marriage—this time to a man she chose herself—only to discover he was a manipulative narcissist who used her as a pawn. It took enrolling in college in her thirties and years of brutal self-examination before she finally learned to choose herself.

"The book isn't about staying in the darkness," Lynette says. "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."

Written with razor-sharp wit and unflinching honesty, the book reads like *Educated* meets *Unorthodox* with a splash of *Gone Girl* — except the villain is the voice in your own head named Harry-ette who keeps you small.

Why This Story Matters Now

At a time when cult documentaries dominate streaming platforms and conversations about narcissism, gaslighting, and control flood social media, Lynette's story offers something rare: a first-person account that connects the dots between religious extremism and everyday manipulation.

"People assume freedom is a single, dramatic moment," she says. "But it's actually a thousand tiny choices to stop abandoning yourself."

Why Producers Should Book Dr. Lynette

- ✓ **The trifecta:** Incredible story + expert credentials + camera-ready communication skills
- ✓ **Timely cultural relevance:** With cult documentaries breaking streaming records and terms like "gaslighting" and "narcissism" dominating conversations, audiences are hungry to understand control and recovery from someone who's lived it
- ✓ **Multiple segments in one guest:** Morning shows can explore her escape story; daytime talk can dive into recognizing manipulation; podcast hosts can go deep on breaking generational patterns
- ✓ **She makes the invisible visible:** Dr. Lynette helps viewers spot red flags they might be living with right now

Perfect for Segments On:

- **"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

About Dr. Robyn Lynette

Dr. Robyn Lynette holds a doctorate in business psychology and is described by clients as a "Mental MacGyver"—someone who works at the intersection of executive coaching, therapy, and strategy, helping people MacGyver their way out of mental traps and self-sabotage using whatever tools necessary. Before that, she was a cult kid, arranged-marriage survivor, competitive beach volleyball player, and the doctoral student who proved it's never too late to rewrite your story.

She lives outside Philadelphia with her husband Russ and Nebula, a dog who performs circus tricks and has better boundaries than most humans.

Book Details

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

By Dr. Robyn Lynette

Available for preorder now

Release date: November 18, 2025

www.ThankTheCartel.com

Availability

Dr. Lynette is available for:

- Remote interviews (Zoom, phone)
- In-person appearances in Philadelphia and New York (advance scheduling required)
- Podcast recordings
- Print/online features

Digital review copies available upon request.

For interview requests, press materials, or review copies:

Media Relations Team for Dr. Robyn Lynette
Media@ThankTheCartel.com
732-421-5170

PRE-WRITTEN INTERVIEW QUESTIONS

1. You survived an arranged marriage in a cult, then chose a narcissist yourself. What were the red flags you missed?
 2. You started college at 32 while your life was falling apart. What would you tell someone who thinks it's too late for them?
 3. You say "not everyone rooting for you is rooting for you." How do we spot these toxic ambiguous relationships?
 4. How exactly did a drug cartel help you escape a cult? That has to be the most unusual rescue story we've heard.
 5. You're now in a healthy marriage. What finally changed? How did you break the pattern?
-