

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

"I just finished reading *I'd Like to Thank the Cartel for Getting Me Out of the Cult* and I am still thinking about it hours later. From the very first page I was completely pulled in by Robyn's story. It is raw, honest, and completely human. What struck me was how much I saw myself in her experiences. The fear, the confusion, the small victories that feel huge to anyone who has ever felt trapped in a situation they could not control.

This book is not trauma porn. Robyn doesn't just tell you what happened to her. She shows you how she fought, how she clawed her way out, and how she eventually reclaimed her life. Reading it was empowering in a way I didn't expect. It reminded me that no matter how overwhelming a situation feels, it is possible to get out and rebuild.

I also loved Robyn's voice. She is smart, darkly funny, and completely real. There were moments that made me laugh and moments that made me catch my breath. I found myself nodding, tearing up, and cheering for her at the same time.

This is a book that will stay with you long after you close it. If you have ever felt silenced, or like your life was being dictated by forces you couldn't control, you need to read this. Robyn's story will not only move you, it will inspire you to take action in your own life. I cannot recommend it highly enough."

— D. Moren

"As a #MeToo survivor, I recognize the courage it takes to share trauma that involves the very people who were supposed to protect you. It is for this reason that I commend Dr. Robyn for sharing her story with us and highly recommend the book, *I'd Like to Thank the Cartel for Getting Me Out of the Cult*.

This is a book about a girl raised in isolation and control, taught that her only value was in submission and motherhood, who survived repeated sexual assault, medical abuse, and emotional manipulation, often at the hands of those who claimed to love her.

What struck me most about the story was Dr. Robyn's unflinching honesty about her parents. She acknowledges that her father "does actually love" her, even as she recounts the devastating cruelty of his words and actions. Yet there's no resolution or forgiveness arc that you find in

rom-coms or dramedies. Readers are left with the messy, complicated truth of loving people who hurt you and the painful work of moving on and learning to protect yourself from them.

As someone who has also searched for love from narcissists incapable of healthy connection, I felt seen in Dr. Robyn's story. The grooming, the gaslighting, the constant erosion of self-worth, and more. Sometimes tough to read, but reading how she eventually walked away made it all worth it.

Thank you, Dr. Robyn for your honesty and reminding us all that chaos doesn't have to define us or hold us. We can heal and be free.

Note: This memoir contains detailed accounts of sexual assault, medical trauma, emotional abuse, and cult dynamics. Please practice self-care while reading."

— Elona Washington

"I didn't just read this book, I experienced it. Robyn's story grabs you by the gut and refuses to let go. This isn't a victim story. It's about survival and taking back your life when everything seems stacked against you. She shows exactly how she got out, how she fought back, and how she built a life worth living. A gut punch that drags you toward hope. I closed it feeling energized and inspired. Read it and let it remind you that escape, recovery, and freedom are possible. Even when it feels hopeless."

— Mary Shaw

"I don't usually read memoirs, but I couldn't put this one down. *I'd Like to Thank the Cartel for Getting Me Out of the Cult* is brutal, real, and occasionally laugh-out-loud funny in the most uncomfortable way. Robyn doesn't sugarcoat and that openness hits hard if you've ever felt trapped in a situation that made you question your sanity.

I wish this book existed when I was younger. It's smart, real, and not for the faint of heart. Read it.

I will be rereading it again and again."

— Nicole Cunningham

“Warning: this book is intense. *I’d Like to Thank the Cartel for Getting Me Out of the Cult* does not shy away from the ugly truth. Sexual assault, emotional abuse, medical trauma, and the twisted dynamics of controlling men.

And also how she survived, how she got out, and how she rebuilt her life and refused to be defined by what happened to her. It will move you, shake you, make you angry and ultimately empower you to face whatever in your life feels impossible.

If you’re ready to witness the truth and come out stronger, read this book. It’s unforgettable.”

— J. Estrada

“*I’d Like to Thank the Cartel for Getting Me Out of the Cult* messed me up in the best way. Dr. Robyn doesn’t hold back. She tells you exactly what happened and it’s crazy but she also shows how she’s happy now. Some parts made me laugh which felt weird because it’s a serious story. A friend told me I would like it. She was right. I think you will too.”

— Winnie Fields

“Hearing about the journeys of others—their triumphs and struggles—can be both inspiring and deeply thought-provoking. When I read the first draft of *I’d Like to Thank the Cartel for Getting me out of the Cult*, I was immediately drawn in by the opening paragraph. Robyn’s openness and vulnerability made me feel as if I was experiencing her story alongside her. It takes real courage to bare your soul, especially with the uncertainty of how others might respond. I am sincerely grateful for her strength, resilience, and bravery in sharing her story, bringing hope to those seeking to overcome trauma and discover their own truth.

If you’re someone who appreciates honest, powerful storytelling, you need to read this book. It will stay with you long after you turn the last page and might even help you see your own story a little differently.”

— Leanne

“A captivating story that brings you along every step of the way, makes you gasp, giggle, and even tear up. I felt joy, sadness, suspense, and excitement; and I gained deep knowledge of Human resilience and growth. I had a pleasure to read this book and I can describe it as a mental tool kit. In a genius way, the author carries you through her memoir and teaches you priceless life lessons; by the end of the book, as a reader I had a series of Aha moments, where my own emotions were being transformed into understandings. She bravely pours out her heart and soul to be able to help anyone who is lucky enough to read this book.”

— Gladys B.