

The book was found

# Go Only As Fast As Your Slowest Part Feels Safe To Go



## Synopsis

In this collection of emotionally uncensored tales, the author â “ a licensed psychologist â “ shares lessons learned from a life dedicated to healing from the ravages of hyper-self-criticism and super-achievement that plague most of us, particularly women. The tales are teaching stories through which the reader vicariously experiences ways to move from self-reproach to self-nurture and self-acceptance. The lessons of radical self-care, self-compassion and self love in these pages help one to kindle an inner dialog that can be life changing. The stories may open readers to a more kind-hearted relationship with themselves. They repeatedly remind readers to go more slowly, to honor and make safe space to feel all their feelings, to remember that rest is a sacred act and to know that it is possible to compassionately embrace all the ways that they are: ever-evolving, warts and all, bumbling works-in-progress always doing the best they can with the consciousness available to them in the moment.

## Book Information

File Size: 10211 KB

Print Length: 401 pages

Publication Date: November 16, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00BROR16Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #658,052 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Inner Child #88 inÂ Books > Self-Help > Inner Child #1173 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > New Thought

## Customer Reviews

This may be one of the first books or even the first time this beautiful thinking has been introduced to me. So often we hear quips of going faster, being more productive, getting more accomplished.

And for what? As one who worshipped the glorification of busy most of my life, I've now landed in my mid-fifties with Chronic Fatigue and a host of other maladaptive conditions. Robyn has set us free and given us permission to jump off the merry-go-round and possibly saving our lives in the process. As I read through her book, I kept saying WOW, over and over hoping that this vital information would stick. Hats off to you for giving us such a gem of a book and a glimpse into yourself. Thank you.

Robyn's book has two deeply powerful messages. First, she walks us through her own healing journey, so that we too can learn to treat ourselves more kindly, more lovingly. We can never "love" someone into health, no matter how hard we try. It is only ourselves that we can fix this way--and in fact this the only way we can heal those parts of us that are broken. Secondly, she teaches us a vision of power that is profoundly different from that of the male paradigm. Rather than power over others where power is a limited commodity, Robyn speaks of power as self-empowerment; there is room for those around us to be empowered as well. So much better for humankind and our planet. I love this book...My profound thanks, Robyn, for sharing your wisdom with us.

Simply put...amazing! In a world that applauds financial gain, this book is a remarkable reminder of the truly important things in life, self-love, acceptance and rest!

This book is a lifeline in a storm. When society fails to give us permission to survive our lives, the wisdom contained in this book does with gentle comfort and humor. Robyn is such a gifted psychologist who is able to help because she has lived the challenges she addresses.

Rarely does a book invite me to keep to the path of self-compassion quite as this book does. The style of writing is wonderful for beckoning the reader enter that sometimes quite painful inquiry of past, present and future. I have suffered with BPD practically forever but now with this book and a few others as well as good therapeutic support I feel encouraged and energized. Thank you and Bless you for writing this book!

Robyn provides a wealth of wisdom in her book and through her walk of life. She guides us toward being kind and gentle to the person many of us neglect - ourselves. I highly recommend Robyn's book ...beyond 5 stars ...as a loving gift for yourself and your friends!

Very helpful book for anyone who has gone through a difficult time. The author is caring, nurturing and sensitive to the "walking wounded".

This is a wonderful read and a good re-read!

[Download to continue reading...](#)

Go Only As Fast As Your Slowest Part Feels Safe To Go: Tales To Kindle Gentleness and Compassion For Our Exhausted Selves Go Only As Fast As Your Slowest Part Feels Safe To Go Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Days with Bear: Bear Feels Scared; Bear Feels Sick; Bear's Loose Tooth (The Bear Books) TAKING THE FALL - The Complete Series: Part One, Part, Two, Part Three & Part Four Only in Vienna: A Guide to Unique Locations, Hidden Corners and Unusual Objects ("Only in" Guides) (Only in Guides) The Absolute Only Way To Shop for a Part D RX Plan In One Sure Step: Medicare Part D Rx (Understanding & Maximizing Your Medicare & Related Insurance Options Book 2) The Daniel Fast: The Ultimate Guide To The Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet, vegan plan, prayer, fasting, weight loss FAST 2016 Motorcycle PinUp Calendar Digital Yearbook: Fast Dates World Superbikes, Iron & Lace Custom Motorcycles & Garage Girls PinUp Calendars (FAST Motorcycle PinUp Calendar Digital Yearbook) Boosey and Hawkes Fast Forward (Viola Part Only) Boosey & Hawkes Chamber Music Series Composed by Katherine & Hugh Colledge Safe Meds: An Interactive Guide to Safe Medication Practice, 1e Being Safe with Weather (Be Safe) Being Safe at School (Be Safe) Safe Money Matters: Finding Safe Harbor in a Storm-Filled World Safe House Survival: A Step-By-Step Beginner's Guide On How To Build, Stockpile, and Maintain A Survival Safe House To Retreat To During Disaster INTERNET PREDATORS - How To Keep Our Children Safe Online (internet predators,,Safe Children,predators, Predators,Online Predators) The Ultimate Guide to Safe Travel for Women: Safe Travel Tips for the Modern Woman Best Places to Retire: [Overseas] - Discover the 10 Best Places to Retire Where Every Day Feels Like Vacation and Your Dollar Stretches Far ~ A Guide to Retiring Abroad General Test Guide 2018: Pass your test and know what is essential to become a safe, competent AMT from the most trusted source in aviation training (Fast-Track Test Guides) Music for Three, Vol. 1: SET of 3 Parts Baroque, Classical & Romantic Favorites - (includes Part 1 in C, Part 2 Viola, Part 3 Cello or Bassoon)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)