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Robyn L Posin Ph.D.

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In this collection of emotionally uncensored tales, the author – a licensed psychologist – 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.

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