



Trust: Mastering the 4 Essential Trusts: Trust in God, Trust in Yourself, Trust in Others, Trust in Life

By Iyanla Vanzant

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Trust: Mastering the 4 Essential Trusts: Trust in God, Trust in Yourself, Trust in Others, Trust in Life, Iyanla Vanzant, You just can't trust anyone - it's a constant refrain in the modern world, and learning to trust is one of life's most difficult lessons. This leads to fear and uncertainty, which too often erodes our confidence and undermines our relationships. 'That's because trust is not a verb,' says legendary life coach Iyanla Vanzant, 'it's a noun. In fact, trust is a state of mind and a state of being.' In Trust, Iyanla explains what trust really is, reveals how and why to trust, and explores how to cultivate this liberating power. She outlines the special rewards that come from mastering the four essential trusts - trust in God, trust in yourself, trust in others, and trust in life - and shares how these opportunities encourage our true state of being. When trust is broken, it brings us face to face with our shadow, revealing our hidden beliefs and expectations about how things 'should' be. This book's pragmatic prescriptions demonstrate how to avoid trust-destroying behaviours through communication, consistency and cooperation....

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Reviews

The book is not difficult in read through better to recognize. It really is written in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication i actually have read in my individual daily life and may be the best book for possibly.

-- **Valerie Heaney**

A really great publication with perfect and lucid explanations. Of course, it is play, continue to an amazing and interesting literature. I discovered this book from my i and dad suggested this publication to find out.

-- **Dr. Augustine Borer**