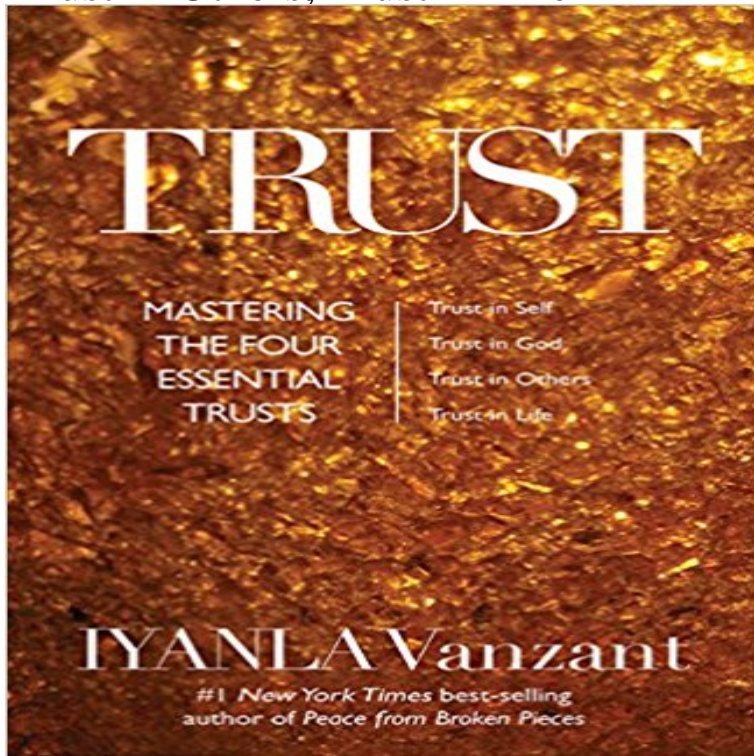


# Trust: Mastering the 4 Essential Trusts: Trust in God, Trust in Yourself, Trust in Others, Trust in Life



New York Times Bestseller Who do you trust? Everyone? No one? Some people? Sometimes? Indeed, learning to trust is one of life's most difficult lessons, says #1 New York Times best-selling author Iyanla Vanzant. That's because trust is not a verb; it's a noun. Trust is a state of mind and being. If you are serious about learning to trust, you need TNT—Tenacity, Nerve, and Time. But what if the real problem is not that we can't trust other people; it's that we can't trust ourselves? In this compelling volume, filled with illuminating and heartrendingly powerful stories of broken trust, betrayal, and triumph, Iyanla demonstrates why the four essential trusts—Trust in Self, Trust in God, Trust in Others, and Trust in Life—are like oxygen: without them, none of us can survive. Mastering these four essential trusts requires both a process and a practice. Life gives you the process through your experiences; people provide you the opportunity to practice. Whether you are faced with the specter of an unfaithful spouse, a manipulative colleague, a rebellious child, or a corrupt institution, Iyanla not only explores what trust really is, but she reveals why some of life's most shocking trust violations offer us the most profound opportunities for personal growth and healing. Iyanla's pragmatic trust prescriptions—rooted in increased self-awareness, heightened intuition, honest communication, and disciplined

spiritual practice” will not only challenge you to face your deepest fears, they will free you to cultivate new levels of increased authenticity, greater resilience, renewed peace, and more joy. This wise work will inspire you to “take the leap of trust,” because without trust there can be no peace of mind. Â

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