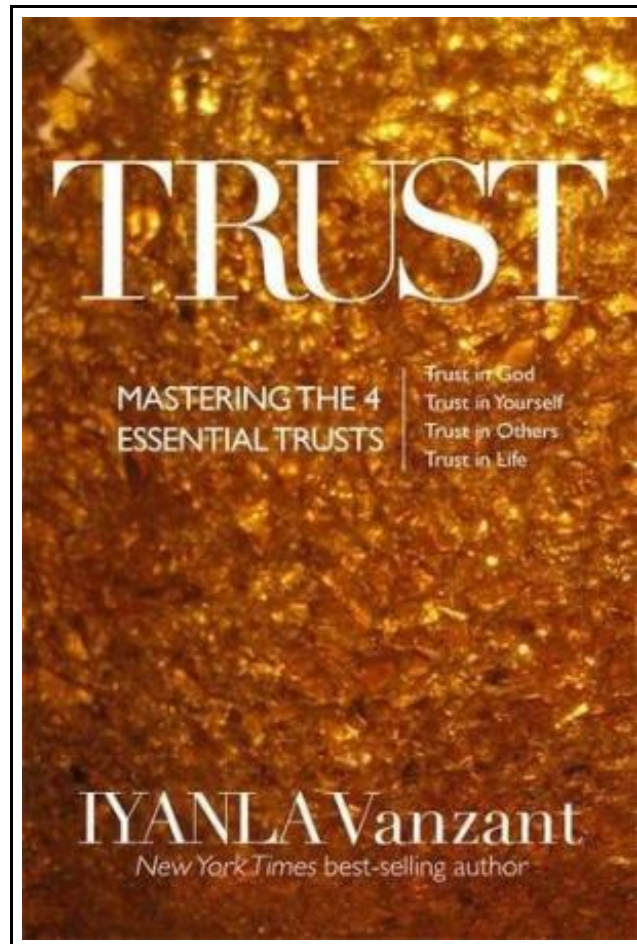


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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, **Trust: Mastering the 4 Essential Trusts: Trust in God, Trust in Yourself, Trust in Others, Trust in Life**, Iyanla Vanzant, You just can't trust anyone - it's a constant refrain in the 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. Her wise words encourage us to build trust, to revitalize us with increased authenticity, greater resilience and renewed peace in every part of our lives.



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