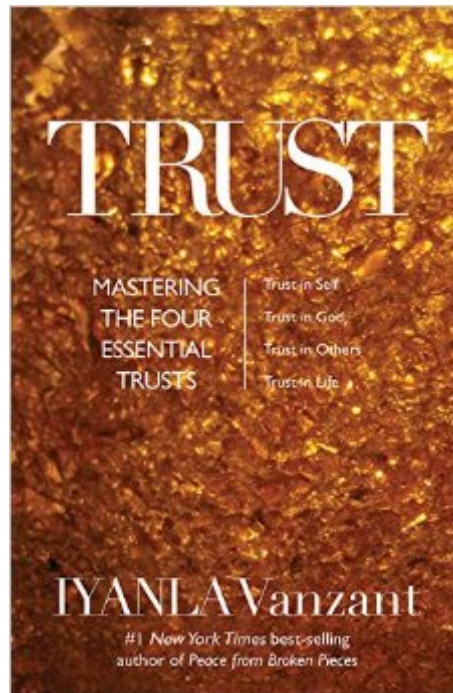


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# Trust: Mastering The 4 Essential Trusts: Trust In God, Trust In Yourself, Trust In Others, Trust In Life



## Synopsis

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 Lyanla 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, Lyanla 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, Lyanla 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. Lyanla'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.

## Book Information

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## Customer Reviews

Book: *Trust* by Iyanla Vanzant Book Review by Mary Mikawoz This book of *Trust* by Iyanla Vanzant is very involved. She covers trust from the perspective of Trust in Self, Trust in God, Trust in Others and Trust in Life. Cause and effect, correspondence, vibration, attraction, love and forgiveness are all concrete laws that govern the movement and unfolding of life. This book is a good read from the beginning stories of Iyanla's life when she had to claim bankruptcy in her life. She had to live in a renting situation for years even after starting the *Iyanla: Fix My Life* TV series on the OWN network. After having risen from poverty to a high state of living, she was not used to this style of life. When her relationship with her husband broke down and other relationships broke down in her personal and professional life, her standard of life went downhill. She prayed to God for direction. She was happy to be living in a rental situation with limited opportunities when friends asked her when she would be moving on. She gave it some reflection over a couple of years. She had to overcome her bankruptcy situation. She had to be pre-approved for a mortgage. She found a place in need of much repair. To make a long story short, it was her friend, Oprah Winfrey, who came in with Nate Berkus and repaired it for her as a surprise. She was very grateful. Next comes the part of trusting in God. Actually, this theme carries throughout the book. Without God's prime direction, you are missing out. It is God who provides the lessons to be learned. It is with trusting in God that he/she has your back that good things happen to you. It is through God, that you are able to listen to your intuition or your inner guidance system. Plus, if you are able to say *No* to circumstances that do not serve your better interests or desires, you will be better off. Dealing with trust in others is an interesting expression of situations that Iyanla has found herself in. She is able to tell interesting stories of people she has met on their path. Some of the stories seem so dramatic but it is only because I find the stories so heart-wrenching. Person after person, has been let down by their parents, by their spouses, by their employer or by their business. Lessons need to be learned and through the process of identifying issues affecting the small little girl or boy inside, it is necessary to deal with the past issues without getting stuck there. People make progress by believing in God and trusting their intuition. They lean into trust and make hard decisions. Iyanla even speaks of Jay, the man who fathered 34 children with 17 different women that was featured on *Iyanla, Fix My Life*. Somehow he was able to convince all these women to trust him and that he would change just for them. Finally, Iyanla speaks of trust in life. She outlines many people who were cut off before they even started. She mentions people like George Lucas who spent four years trying to sell his script for Star Wars which is now a block-buster set of movies.

Then there was Michael Jordan who was cut from his high school basketball team and came to be a legend in and of himself. It took Harland David Sanders 1010 attempts to sell his secret chicken recipe before he got a bite and became Kentucky Fried Chicken fame. Walt Disney was fired from his newspaper job for lacking ideas and went into personal bankruptcy before he was able to establish the world famous Walt Disney Theme Parks. Fred Astaire after his first screen test was given a less than passing mention and was said to be able to dance a little bit. Vince Lombardi was said to have minimal football knowledge and went on to be one of the best NFL coaches. Tyler Perry was so poor he lived out of his car for six years while trying to establish himself as an actor and movie mogul. Forbes put him as the second highest earning man in 2011 and then there is J.K. Rowling who was a depressed single mother trying to make her world of Harry Potter come alive. Now she is a billionaire author. Success came to these people because they continued to try and so can you. Trust in the process of life. I would recommend this book to those willing to explore this process of life and trust. Tags: trust, self, God, others, life, Villa Nova, bankruptcy, Iyanla's life, Oprah, Nate Berkus, God, spirit, inner guidance system, intuition, personal stories, George Lucas, Michael Jordan, Harland David Sanders, Walt Disney, Fred Astaire, Tyler Perry, JK Rowling, process, life, Course in Miracles.

Iyanla Vanzant's new book Trust is even more spectacular than her previous epic best selling book, Peace From Broken Pieces. If you've read Peace From Broken Pieces, then you'll understand what a big statement that is. If you haven't, buy it immediately along with Trust. For one whom is on the journey of spiritual growth and personal development this will be your new faithful companion. Give yourself some love and enjoy the benefits of this triumphant book written by a beloved, true master of all things relationship, spirituality and the heart.

I simply can NOT shout to everyone I know how amazing this book is. How much it has changed my life and the way I live it! I love this woman already but this book helped me see myself for all that I was when it came to trust. Of course I couldn't trust others. I couldn't trust myself and it helped me see what I needed to change in order to start there. Her stories are always entertaining when you hear her in person and no different in her book. They help you understand her message and where it fits in your life. I highlighted and wrote all over this book and recommend it to everyone struggling to trust anyone or anything. I didn't care the part on Ferguson and the way cops are treating people of color. I completely agree but it was a part I quickly skimmed through and didn't get much out of it. But the rest of book was great and one I keep by night stand.

Big Iyanla Vanzant Fan! The opportunity to read this book came at the perfect time for me. I had just decided that for the year of 2016, I was going to work on TRUST. And in came Iyanla. I have always had a trust issue involving the men in my life. I finally got to the point that I realized that I was picking the wrong men. Lightbulb moment! How can I trust in a man that I had so wrongly chosen in the beginning? If what you really wanted was a dog, why bring a cat home and expect it to behave as a dog? I was familiar with Iyanla's life stories from reading a number of her previous books but it was good to revisit some of them in the context of trust. As I continue on my journey to Trust, I will reference the many highlighted sections from this book. @Hayhouse PR #HayhousePR #netgalley I received my copy of book through HayHouse and NetGalley for a review.

Past experiences sometimes make it difficult for people to have trust. Ms. Vanzant refers to trust as a noun - in effect a state of being. The concepts she shares in this beautifully written book are meant to help us regain the ability to be in a state of trust. I really wanted to discuss this book as I went along, so perhaps I might recommend it as a book discussion selection. I think it's a book that I will find myself returning to often, to refresh and renew. \*I received my copy through NetGalley.com in exchange for an honest review.

Mz Vanzant is brilliant! So many times I felt she was speaking to me as though she has a private view into my life..the concept seems simple, Trust, but we don't realize how difficult practicing it can be. Her words and her talented insight are remarkable. I have told all I know to get this book! And refer back to it often. Keep it on your nightstand. Thank you Ms. Vanzant for sharing your brilliant mind and gift. This book will "fix your life" If You let it.

Best book EVER! I have never read a book by her that was not life changing! I've never ever been disappointed by any book purchase by this author. I loved the book so much and it transformed my life so much. That I gifted this book at least three times. This book comes highly recommended, but you still have to do the work.

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