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

Iyanla Vanzant

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“You just can’t trust anyone!” seems to be a constant refrain in the modern world. Indeed, learning to trust is one of life’s most difficult lessons. “That’s because *trust* is not a verb,” says legendary life coach Iyanla Vanzant, “it’s a noun. Trust is a state of mind and a state of being.”

In this wise book, the *New York Times* best-selling author and host of OWN’s popular reality TV show *Iyanla: Fix My Life* reveals how to cultivate this liberating power—by exploring what trust really is, how to trust, and why to trust. 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 she challenges us to see how each of these are actually deeply interconnected.

Too often our fear of whether or not we can really trust an individual or an institution and what they represent erodes our confidence and undermines our relationships. When trust is broken or there is a betrayal, it can bring us face-to-face with our shadow, revealing that someone has failed to live up to our expectations and thus “outs” our hidden beliefs. “You never get what you ask for; you always get what you expect,” says Iyanla. When someone betrays our trust it reveals the high price paid for such deep disconnection.

This book’s pragmatic trust-building prescriptions demonstrate how communication, consistency, and cooperation can antidote trust-destroying behaviors and revitalize us with increased authenticity, greater resilience, and renewed peace in every part of our lives.

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