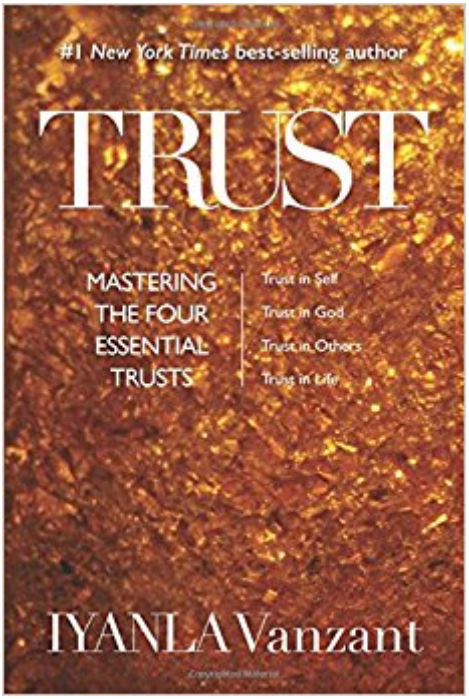
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Trust: Mastering The Four Essential Trusts: Trust In Self, Trust In God, Trust In Others, Trust In Life



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Synopsis

Ã¢â ¬Å“Learning to trust is one of life's most difficult lessons. ThatÃ¢â ¬â„¢s because trust is not a verb; itÃ¢â ¬â„¢s a noun. But what if the real problem is not that we canÃ¢â ¬â„¢t trust other people; itÃ¢â ¬â„¢s that we canÃ¢â ¬â„¢t trust ourselves?Ã¢â ¬Â• In this compelling volume, filled with illuminating and heartrendingly powerful stories of broken trust, betrayal, and triumph, Iyanla demonstrates why the four essential trustsÃ¢â ¬â •Trust in Self, Trust in God, Trust in Others, and Trust in LifeÃ¢â ¬â •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. Iyanla explores what trust really is and reveals why some of the most shocking trust violations offer us profound opportunities for personal growth and healing. Her pragmatic trust prescriptionsÃ¢â ¬â •rooted in self-awareness, intuition, communication, and spiritual practiceÃ¢â ¬â •will challenge you to face your deepest fears and free you to cultivate new levels of increased authenticity, greater resilience, renewed peace, and joy.

Book Information

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Customer Reviews

From welfare mother to New York Times best-selling author, from the Brooklyn projects to Emmy Award winner, from broken pieces to peace, Iyanla Vanzant is one of the countryÃ¢â ¬â„¢s most celebrated writers and public speakers, and sheÃ¢â ¬â„¢s among the most influential, socially engaged, and acclaimed spiritual life coaches of our time. Host and executive producer of the breakout hit Iyanla: Fix My Life on OWN: Oprah Winfrey Network, IyanlaÃ¢â ¬â„¢s focus on faith, empowerment, and loving relationships has inspired millions around the world. A woman of passion,

vision, and purpose, Iyanla is also the co-founder and executive director of Inner Visions Institute for Spiritual Development. Website: www.innervisionworldwide.com

Book: ÃƒÂ¢Ã â ¬Ã Å“TrustÃƒÂ¢Ã â ¬Ã Â• by Iyanla VanzantBook Review by Mary MikawozThis book of ÃƒÂ¢Ã â ¬Ã Å“TrustÃƒÂ¢Ã â ¬Ã Â• 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. ÃƒÂ¢Ã â ¬Ã Å“Cause and effect, correspondence, vibration, attraction, love and forgiveness are all concrete laws that govern the movement and unfolding of life.ÃƒÂ¢Ã â ¬Ã Â•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 ÃƒÂ¢Ã â ¬Ã Å“Iyanla: Fix My LifeÃƒÂ¢Ã â ¬Ã Â• 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 ÃƒÂ¢Ã â ¬Ã Å“NoÃƒÂ¢Ã â ¬Ã Â• 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 ÃƒÂ¢Ã â ¬Ã Å“Iyanla, Fix My Life.ÃƒÂ¢Ã â ¬Ã Â• 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 Lomardi 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.

Trust essentials are easily shown in this book. The importance of trust in making ones life easier to cope is demonstrated in this easy to read book. This book is very profound in helping you trust yourself and others.

It it a timely book for where I am in my life. Iyanla is awesome. She always writes about pertinent issues and gives examples. If you need to reflect on trust in general this is the book.

This book illustrates so powerfully how trust, and the lack of it, manifests in our lives on a daily basis. Iyanla gives stories from her own life and others that drive the point home. I had so many moments that I could relate to, and could see how my decision to trust (myself or others) or not, determined moments, days, weeks, and even years of my life. Thank you Iyanla, thank you!

This is a great book. I find it very helpful as having been raised in an addicted family, trust has been an issue all my life. I recommend Iyanla as a great tracker! She has done her work so she teaches

from a basis of truth which resonates!

This book is a game changer for many people who have fail to trust themselves, others, God, or life.. It speaks words of wisdom that can be read over and over again. Digest it for practical application.

Another poignant yet simple gift from Iyanla Vanzant...thank you!!

Good read. Iyanla is perceptive and strong. Fair and kind. I really like here.

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