



**Just Released! Gina Lake's new book *Trusting Life: Overcoming the Fear and Beliefs That Block Peace and Happiness*:**

Fear and distrust keep us from living the life we were meant to live, and they are the greatest hurdles to seeing the truth about life—that it is good, abundant, supportive, and potentially joyous. There's nothing more important than seeing this truth, because the degree to which we trust life is the degree to which we can be happy and at peace. *Trusting Life* is a deep exploration into the mystery of who we are, why we suffer, why we don't trust life, and how to become more trusting. It offers evidence that life is trustworthy and tools for overcoming the fear and beliefs that keep us from falling in love with life.

## Just Released: *Trusting Life* by Gina Lake

Written by Nirmla  
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