

LYSA TERKEURST  
New York Times Bestselling Author

# I WANT TO TRUST YOU, *but I don't.*

*Moving Forward When You're Skeptical  
of Others, Afraid of What God Will Allow,  
and Doubtful of Your Own Discernment*

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## I WANT TO TRUST YOU, BUT I DON'T *Moving Forward When You Are Skeptical of Others, Afraid of What God Will Allow, and Doubtful of Your Own Discernment*

### **#1 New York Times Bestselling Author Lysa TerKeurst Helps Readers Learn to Trust Again After Betrayal**

Nashville, TN (May 2024) – Trust is the oxygen of all human relationships. And while it's necessary, trust is also risky. **Lysa TerKeurst**, #1 *New York Times* bestselling author knows what it is like to have trust shattered after her marriage ended and other significant relationships fell apart as well. The fear of trying again and possibly getting hurt can feel daunting and sometimes paralyzing.

In her new book, *I Want To Trust You, But I Don't: Moving Forward When You Are Skeptical of Others, Afraid of What God Will Allow, and Doubtful of Your Own Discernment* (Thomas Nelson, October 8, 2024), **Lysa** shows the 11 relational “red flags” for women that stir up distrust to help pinpoint relational uneasiness. **Lysa** also describes her proven formula for trust (“**Connection + Safety = TRUST**”) and how to enact it in any relationship — from partner to parent.

In *I Want to Trust You, But I Don't*, **Lysa** shows readers how to:

- ➔ Understand what **discernment** is and how to better use it when you have concerns about whether someone is telling the truth.
- ➔ Identify which of the **eleven relational red flags** are stirring up distrust, so you can pinpoint why you're feeling uneasy.
- ➔ Stop having more faith in your fears coming true than God coming through for you by asking **crucial “what if” questions** to better process your doubts.
- ➔ Recognize when a fractured relationship can be repaired by considering a reasonable list of characteristics necessary for **rebuilding trust**.
- ➔ Unpack the **physical, emotional, and neurological impact** of the betrayals you've experienced and start healing from the inside out.

Learning to trust again, **Lysa** writes, is not simply about creating relationships with better people. It is about the development of internal stability that will prevent cynicism so we don't carry previous dysfunctions into every new relationship. *I Want to Trust You, But I Don't* incorporates **Lysa's** hard-won wisdom gleaned from her own neuroscience, therapy, personal experience, and the Bible. And there is hope. **Lysa** says, “The trauma of having your trust broken by people you thought would never betray you is life-altering, but it doesn't have to be life-ruining.”

**“The damage of emotional hurt really does go much further than we think. And if people in your life have minimized your pain or don’t understand how serious betrayals and broken trust really are, I want you to know that you’re not being too dramatic or overly emotional as you process it all. The damage is real.”**



After several painful friendship breakups, the death of her marriage, and other devastating betrayals, **Lysa** realized she was caught in a cycle of distrust. Not only had she become skeptical of the intentions of others, she was also doubting her ability to discern between genuinely trustworthy people and those who were not. Her deep sense of distrust extended to her faith; she questioned why God had allowed her to be repeatedly harmed by various people in her life. **Lysa** learned how crucial it is to determine which people are trustworthy and when distrust is truly the wisest choice to make.

**Lysa** discovered that the betrayals she endured not only affected her emotions but also her physical body. She underwent a series of brain scans with Dr. Daniel Amen, a physician and psychiatrist specializing in brain health, as she was writing *I Want To Trust You, But I Don't*. Together they compared her scans with the scans of a perfectly healthy brain and discovered clear evidence of trauma in **Lysa's** brain.

“We are incredibly grateful for **Lysa's** authenticity, creativity, and relentless dedication to her craft,” shares Nelson Books Publisher Andrew Stoddard. “We believe that this message was made for this moment. Trust’s value has never been higher, but the amount of it in circulation has perhaps never been lower. **Lysa's** years of investigation and firsthand research inform this special publication – one that is essential for anyone hoping to identify, heal from, and overcome the barriers to trust in their life.”

Proverbs 31 Ministries and Nelson Books is supporting the launch of *I Want to Trust You, But I Don't* with a national publicity campaign, national pre-order campaign, special retail partnerships, digital advertising, and social media promotions.

*I Want to Trust You, But I Don't* releases alongside companion Bible study resources for individuals or groups. A six-session streaming video features teaching from **Lysa TerKeurst**, and a softcover study guide corresponds with the sessions. The hardcover book as well as video series, and study guide are available separately or as a package.



**Thomas Nelson** is a world-leading publisher and provider of Christian content and has been providing readers with quality inspirational products for more than 200 years. As part of HarperCollins Christian Publishing, Inc., the publishing group provides multiple formats of award-winning Bibles, books, gift books, cookbooks, curriculum, and digital content, with distribution of its products in more than 100 countries and translated into more than 65 different languages. Thomas Nelson is committed to one central mission: inspiring the world by meeting the needs of people with content that promotes biblical principles and honors Jesus Christ. Thomas Nelson is headquartered in Nashville, Tenn. For additional information visit [www.thomasnelson.com](http://www.thomasnelson.com).



**Lysa TerKeurst**

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## About Lysa TerKeurst

**Lysa TerKeurst** is president and chief visionary officer of Proverbs 31 Ministries and the author of seven New York Times bestsellers, including *Good Boundaries and Goodbyes, Forgiving What You Can't Forget*, and *It's Not Supposed to Be This Way*. She enjoys life with her husband Chaz and her kids and grandkids. Connect with her at [www.LysaTerKeurst.com](http://www.LysaTerKeurst.com) or on social media @LysaTerKeurst.

## Interview Questions

- ➔ Your new book is, *I Want to Trust You, But I Don't*. Why did you write a book on trust now?
- ➔ How do you define trust? And why have you resented the words “trust issues” in the past?
- ➔ You have some very interesting statistics on lying and why we might all be struggling with skepticism and cynicism when dealing with other people. What did this research reveal to you?
- ➔ You offer a memorable formula to describe trust - will you unpack that for our audience?
- ➔ When you have your trust broken, why is it really tempting to replace trust with control?
- ➔ Your book offers a list of very helpful relationship “red flags.” Tell us about some of them.
- ➔ How did you “quietly quit” hope in your own life? How are you reclaiming it now?
- ➔ In the book, you talk about the difference between blind trust and wise trust. Can you talk us through this?
- ➔ How can you trust God when the person who betrayed you got away with it? What are “rebellious acts of resilience”? And how have you practiced that recently?
- ➔ What is “compassionate processing” and when is it useful?
- ➔ You did a deep dive researching how trauma impacts our bodies. Can you tell us more about your work with brain health expert Dr. Daniel Amen?
- ➔ How does someone move forward after a trusted organization (a company, ministry, or church) that should have helped you has hurt you instead?
- ➔ You write that “Just because I’ve been hurt doesn’t mean I have to live hurt.” What has that looked like for you?

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