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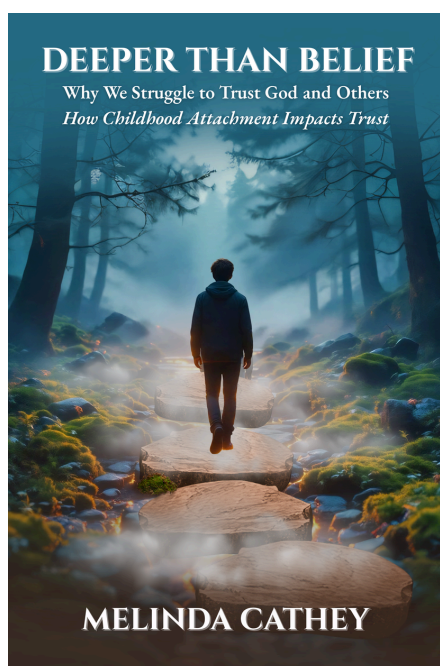
## NEW BOOK REVEALS WHY TRUSTING GOD—AND PEOPLE—IS HARDER THAN WE THINK

***Deeper Than Belief: Why We Struggle to Trust God and Others, How Childhood Attachment Impacts Trust* by Melinda Cathey**

**Minneapolis, MN** — Why do so many people struggle to trust—even when they want to? In her compelling new book, *Deeper Than Belief*, counselor and trauma-informed care expert Melinda Cathey reveals how childhood attachment shapes our ability to trust God, others, and ourselves.

Drawing on decades of counseling, missionary work, and global training, Cathey explains how early relationships form the blueprint for how safe, connected, and secure we feel. Through powerful stories, Scripture, and practical tools, she shows how broken trust can fuel fear, doubt, and distance—and how God heals those wounds to rebuild confidence and connection.

*Deeper Than Belief* offers readers a clear, hope-filled path toward “earned security,” healthier relationships, and a deeper, more authentic trust in God.



### **About the Author**

Melinda Cathey, MA in Counseling Psychology, has served in community mental health, church counseling, missions, and trauma-informed care training worldwide. She co-founded The Harbor, a pioneering transitional care program for Russian orphans.

### **Book Details**

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