

***Let's Talk About Doubt* by Kat Wordsworth (Circle Books 2023)**

'The Bible is full of people who doubted God. So strong is the silence about doubt within the church that I feel as though that last sentence should be whispered.'

Kat Wordsworth takes the reader on a deeply personal, autobiographical journey through the desert of doubt. A journey of many years. To use her own words, the book is 'raw and uncomfortable' at times. She expresses not only her doubts and her anger at other people's responses but also the significant impact her struggle had upon her mental and physical health. She acknowledges that her efforts to obtain 'perfect faith' were 'obsessive' and 'desperate' on occasions and is often apologetic for the way she feels (unnecessarily, in this reviewer's opinion) but such is the disabling aspect of the topic.

Intertwined within its pages are diary entries and observations about the nature of doubt and belief. Although lacking in any reference to 'Doubting Thomas' she expresses her own questioning and the finding (or not) of answers.

Many of us try too hard to have perfect faith but as the author finds herself concluding, 'Doubt and faith, for me at least, can be held together. The penny finally dropped.'

Richard Frost

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