

For Over 25 Years



Author bio
Elizabeth Trinkaus, author of
Enough Already! Yes, You Are

Elizabeth Trinkaus delights in living her best life and helping women of all ages to do the same. With her new book, *Enough Already! Yes, You Are*, she shares real-life solutions readers can use to wake up to their most authentic selves and live with more joy and satisfaction. She is also the co-author of *Conversations On Success* with Deepak Chopra and others, and *Success Simplified* with Stephen Covey and others.

Her book provides step-by-step tools to help readers live in the powerful present and experience their worthiness today—not after they have done “this” or own “that.” Endorsed by Jack Canfield, co-author of the best-selling *Chicken Soup for the Soul* series and *The Success Principles*, Elizabeth’s book reminds readers that this shift in thinking creates greater ease and inspiration for all their visions.

President of Pinnacle View, speaker, and master coach, Elizabeth has been inspiring audiences for over 25 years. She is a certified workshop leader of the Louise Hay Heal Your Life principles, certified success coach and trainer of the Canfield Success Principles, and holds a degree in counseling.

Through motivational presentations and transformative retreats worldwide, Elizabeth shares proven tools to help people examine their self-talk, take action despite doubts and manifest their dreams.

Elizabeth lives in Chapel Hill, North Carolina, with her life squeeze, Greg, and their two rescue pups.