

For Immediate Release

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Enough Already! Yes, You Are **Author Elizabeth Trinkaus helps readers to wake up to their truest self**

Enough Already! Yes, You Are, by Chapel Hill-based author Elizabeth Trinkaus, crushes the myth that you have to do one more thing in order to measure up. This inspirational book offers real-life solutions for readers to get who they are today. It provides step-by-step tools to help individuals live in the powerful present, which provides greater inspiration for all their dreams.

Endorsed by [Jack Canfield](#), co-author of the best-selling *Chicken Soup for the Soul* series and *The Success Principles*, Trinkaus's book helps readers realize and appreciate their worthiness.

"When I was growing up, I had an abundance of thoughts that screamed, 'I am not enough' and a shortage of tools to help me to know and feel differently," says Trinkaus. "With the help of great coaches and a strong dedication to change, I applied the necessary tools to shift my life from the debilitating critic ('Doubting Dotty') to the manifesting encourager ('Believing Betty'). This practice has enabled me and thousands of my clients to not only dream big but also to manifest those dreams."

As president of life-coaching company Pinnacle View, and as an international speaker and master coach, Trinkaus has inspired clients around the globe for more than 25 years. She is also the co-author of *Conversations On Success* with **Deepak Chopra** and others, and *Success Simplified* with **Stephen Covey** and others. 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. "I've read *Enough Already! Yes, You Are* and love it," says [Jack Canfield](#) (author of the *Chicken Soup for the Soul* series.) "You don't have to live with those 'not enoughs' and limiting beliefs. Read Elizabeth's book and gain the knowledge and tools to write your successful new story!"

"My vision for the book is to help women of all ages experience the profound paradigm shift that happens when we own our worth, shift our thinking, and take action," says Trinkaus. "When people truly get that they are ENOUGH ALREADY and continue to practice the tools detailed in the book, they achieve potent and lasting shifts and a more joyful life."

"With wisdom and humor, Elizabeth takes you on a whimsical journey of letting go of negative beliefs and accepting the amazing person you are," says Patricia J. Crane, Ph.D., master trainer in the Louise Hay *Heal Your Life* programs and author of *Ordering from the Cosmic Kitchen*. "Complete with inspiring stories, transformative exercises, and poetry, each chapter encourages you to shine. This is a book you'll treasure and return to many times when you need a reminder that you ARE enough."

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Love the life you live.

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