



Sample questions for Elizabeth Trinkaus

What inspired you to write *Enough Already! Yes, You Are!*

When I was growing up, I had an abundance of thoughts that I was “not enough” but a shortage of tools to help me feel differently. As a result, it was easy to talk myself out of my dreams and my visions for the future. But with the help of great coaches and by being completely committed to change, I applied the necessary tools to shift from listening to 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. This experiential knowledge was my inspiration behind every pen stroke.

What do you hope is the impact on readers of your book?

My vision for the book is to help women of all ages experience the profound paradigm shift that happens when we own our worth. When we get that we are ENOUGH ALREADY, we experience greater joy and inspiration for all those dreams.

How do your experiences as a master coach, a trainer in both the *Louise Hay Heal Your Life* principles and the *Canfield Success Principles* (from the author of the *Chicken Soup for the Soul* series), and a counselor equip you to write this book?

These experiences have helped me become more dedicated to sharing tools that actually create results. I practice the tools daily, and they have allowed me to create a successful career and inspired me to write my book. Over the years, I’ve seen time and time again that the more people apply these tools, the happier they become, and then that happiness will ripple across generations.

What did having Jack Canfield endorse your book mean to you?

Working with Jack Canfield—and getting his valuable feedback—was life-changing. Having him endorse my book supports my vision of wanting to make a difference. And his video interview with me expanded my platform, enabling me to spread the word about the powerful tools in my book.

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What part of the book do you think resonated most with him?

Jack agreed that we all have times when we don't feel like we are "enough." And he stated emphatically, "We don't have to live that way. There are tools in this book that will change that!"

What are some examples of things that people, particularly women, can do to transform themselves into believing that they are enough just as they are?

As women, we have learned to be so hard on ourselves. When we uncover the unconscious critic that has had permission to crush our spirit, we can change our self-talk from negative to positive and begin to love ourselves. Thoughts translate into actions and actions into outcomes. When we shift our thinking, we change our outcome. And as women, we gain the opportunity to live powerfully in the present and recognize we have been "enough" all along.