



Enough Already! Yes, You Are

By Elizabeth Trinkaus



Enough Already! Yes, You Are will inspire readers to wake up to their truest self by crushing the myth that their “enough-ness” resides somewhere outside of themselves. Elizabeth Trinkaus offers real-life solutions for readers to get who they really are and provides step-by-step tools to help live in the present.

What they’re saying about *Enough Already! Yes, You Are*:

“I’ve read *Enough Already! Yes, You Are* and love it. 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!”

— Jack Canfield, co-author of the best-selling *Chicken Soup for the Soul* series and *The Success Principles*

“With wisdom and humor, Elizabeth takes you on a whimsical journey of letting go of negative beliefs and accepting the amazing person you are. 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.”

— Patricia J. Crane, PhD, master trainer in the Louise Hay *Heal Your Life* programs and author of *Ordering from the Cosmic Kitchen*

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