



***Enough.* ... New book from Business and Mindset Coach Dr Kathrine McAleese leads women on a journey of identity, purpose and faith**

‘...incredibly captivating, inspiring, encouraging... This book is for EVERY woman [with the] desire to step into the ‘greater’ that they have in their heart’

Cortney Browning.

‘...required reading ...’

Susan Fleming

Newtownards, Co. Down DATE: On *Wednesday 16th November 2022*, Dr Kathrine McAleese will release her personal development guide for women who want more from their lives and who’re ready to fulfil their God-designed unique purpose. ***So it is Ink*** will publish **Enough.** on **16th November, 2022** when it will be available through all good bookshops and online retailers.

After over a decade of working with women who’re crushed by their search to feel like they are enough and what they do is enough, Dr Kathrine McAleese’s mission is to help women break free from the shoulds and expectations that keep them striving and help them grasp how wildly full of possibility they are.

In **Enough**. Dr Kathrine McAleese takes her readers on a personal voyage to meet themselves; the woman they've long forgotten and the woman they haven't yet met, so they can discover who they were put here to be, at an unhurled, God-designed pace.

Author Dr Kathrine McAleese said, "I'm absolutely delighted to be bringing this book to publication. It is a delicious cocktail of my coaching practice and years of working with strong female business owners, consultants and coaches, my mindset work with competitive sportspeople, and faith..."

Enough. will be published by **So It Is.Ink** on **16th November, 2022**.

For more information please contact: Kathrine McAleese, kathrine@drkathrine.com,
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For images please visit: <https://www.drkathrine.com/press>

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Enough will be released by **So It Is** on **16th November 2022**

Book Info

RRP: £12.99

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Published by: So It Is. Ink

Notes to Editors

Dr Kathrine McAleese is a former queen of burnout who now helps other female coaches, consultants and service business owners to enjoy success at a hustle-free, God-designed pace.

With a background varying from performing arts, to degrees in Theology, Marriage and Family Therapy, and Sociology, she is well equipped to help you look at the bigger picture so you can build a whole life designed around who YOU were to be.

Her Mind to Win business started 12 years ago working with dog agility competitors on their mindset. Not only has she helped clients achieve world championship level successes, many of those clients also became more successful professionally. This led her to develop 'Bigger,

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Bolder, Braver' with its exclusive 1-1 coaching, business-focused self-paced courses, small group Mastermind, and her 'Bigger, Bolder, Braver' podcast.

Dr Kathrine's 1st book will be published by *So It Is* this November, and her eagerly anticipated retreats specifically designed for introverted entrepreneurs are forthcoming in 2023.

For more information on *Enough*. please visit <https://www.drkathrine.com/enough>