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ELIZABETH EARNSHAW

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About Elizabeth

Over the last decade, Elizabeth Earnshaw (LMFT) has become one of today's most trusted relationship teachers. Elizabeth is a renowned Gottman therapist, Licensed Marriage and Family Therapist (LMFT), Clinical Fellow of The American Association of Marriage & Family Therapy (MA), and influential Instagram therapist who has helped transform countless relationships. She is the Head Therapist at Actually, where she works to make relational wellness mainstream and accessible. She also owns A Better Life Therapy in Pennsylvania and New Jersey, supporting clinicians who are helping couples every day. Out on November 30, 2021, Elizabeth's debut book, *I WANT THIS TO WORK*, is a trustworthy, inclusive guide to navigating the most challenging relationship issues we face. Couples will learn to work with three challenges they must tackle to repair and strengthen their relationships: conflict, healing, and connection. Culturally inclusive, LGBTQIA+ friendly, and written for both married and unmarried couples, this book brings an accessible guide to healing relationships and creating enduring intimacy. For more information, please visit www.elizabethearnshaw.com.

Why Elizabeth?

- Elizabeth is a renowned Gottman therapist, founder of A Better Life Therapy, Licensed Marriage and Family Therapist (LMFT), and a Clinical Fellow of The American Association of Marriage & Family Therapy (MA).
- Elizabeth is the Head Therapist at Actually, where she works to make relational wellness mainstream & accessible. She also owns A Better Life Therapy in Pennsylvania & New Jersey, supporting clinicians who are helping couples every day. She trains and oversees therapists as an Approved AAMFT Supervisor. She is also a podcaster and the host of Hash it Out on Good Risings where she offers advice to everyday relational conundrums.
- Over the last decade, Elizabeth has become one of today's most trusted relationship teachers, and she is on a mission to help you have a healthier relationship with yourself and others. She is an influential Instagram therapist who has helped transform countless relationships.
- Elizabeth has gained national recognition from top-tier media for her expert advice, including Popsugar, Cosmopolitan, Well + Good, Bustle, MindBodyGreen, and The Huffington Post.

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WELL + GOOD

Bustle

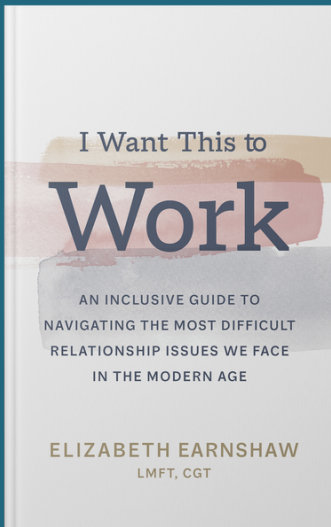
Elite DAILY

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About I WANT THIS TO WORK

Today more than ever, we're willing to do what it takes to make relationships work, and we have the stats to prove it: between 2008 and 2016, the divorce rate plummeted 18 percent. Couples are choosing to stay together—but most don't have the right tools or knowledge to do it successfully. So amid all the advice, what's missing? Enter, I WANT THIS TO WORK. Releasing Nov. 30, 2021, this book is an inclusive guide to navigating some of the most challenging relationship issues we face in the modern age. Culturally inclusive, LGBTQIA+ friendly, and written for married and unmarried couples alike, it's a contemporary and easy-to-digest relationship book for the modern age.

Why I Want this to Work?

- We're in a cultural moment where people are hungry to absorb the principles for healthy relationships. With I WANT TO WORK, Elizabeth presents the most effective and proven steps for relationship success for today's generation.
- Elizabeth simplifies complex concepts in a supportive and relatable voice and provides core insights, exercises, and reflections to take these tested principles from the page into real life.
- Elizabeth has created a trustable, inclusive guide to navigating the most difficult relationship issues we face. Couples will learn to work with three challenges they must tackle to repair and strengthen their relationships: conflict, healing, and connection.
- Culturally tuned in, LGBTQIA+ friendly, and written for both married and unmarried couples, this book brings an accessible guide to healing relationships and creating enduring intimacy.

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Suggested Interview Questions

- What do you think is the biggest misconception about therapy?
- What's your advice for couples who are afraid to go to therapy?
- As a therapist, what effect did you see COVID-19 have on relationships?
- You note that this book is an "inclusive guide" for couples. What makes it inclusive? Why was writing something inclusive so important to you?
- What is the best piece of relationship advice that you can give?
- Why do you think couples nowadays are so determined to stay together and not get divorced?
- At what point do you know that it's time to let go of a relationship after trying to work through issues?
- When did you know that you wanted to dedicate your professional career to helping and counseling others?
- Each chapter in your book has exercises and activities designed to help you build awareness, come up with action steps, and be more connected. Why did you choose to add these workshop questions into the book?



Suggested Interview Topics

- Tips for starting a difficult conversation with your partner (and what not to say)
- Unfair expectations and "shoulds"
- How to build reliability in your relationship through rituals
- Why it's so hard to recognize our needs in a relationship
- How to know if you're shouldering the "mental load" and how it's impacting your relationship
- The biggest causes of cycles of disconnection and conflict
- How to discover your attachment style and how it affects your relationships
- The link between compassion and shame in relationships
- How to implement external boundaries around the holidays
- The difference between being self-aware and other-aware in conversations
- The 3 R's that cultivate and interdependent relationship and how to implement them



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