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Lauren Zander is the author of *Maybe It's You: Cut the Crap, Face Your Fears, Love Your Life* (Published by Hachette Book Group, April 2017). She is a life coach, university lecturer, public speaker, and the Co-Founder and Chairwoman of Handel Group®, an international coaching company based in New York City.

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(Maybe) It's You : Cut the Crap. Face Your Fears. Love ...

Published on Jan 10, 2018 In this episode of *Rise of Humanity* I talk with Lauren Zander - prolific life coach and author of the fantastic book "*Maybe It's You: Cut the crap, face your fears, love...*

Maybe It's You - Lauren Zander

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Maybe It's You: Lauren Handel Zander - Wellness Force

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Editions for *Maybe It's You: Cut the Crap. Face Your Fears. Love Your Life.*: 0316318663 (Hardcover published in 2017), (Kindle Edition published in 2017)...

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Filled with practical exercises, inspiring client stories, and Lauren's own hard-won lessons, this book enables readers to identify, articulate, and account for their own setbacks so they can transform them into strengths.

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Her coaching methodology, The Handel Method®, is taught in over 35 universities and institutes of learning around the world, including MIT, Stanford Graduate School of Business, NYU, and the New York City Public School System. She is also the author of *Maybe It's You: Cut the Crap, Face Your Fears, Love Your Life* a no-nonsense, practical manual that helps readers figure out not just what they want out of life, but how to actually get there.

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Maybe It's You - Lauren Zander

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