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Maybe it's you is the best self help book I have read in recent yrs. I read a book a week and couldn't put this down. It's truly transformational and in your face .. What I loved most is that the author , a proven thought expert in the field of high level consulting / exec coaching gave away the secret sauce so that she could Buy a cheap copy of Maybe It's You: Cut the Crap. Face Your... book by Lauren Handel Zander. Free shipping over \$10.

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. In Maybe It's You, you will finally and forever learn to: *Cut the crap about being 'true to yourself', when you don't have a clue who that is. *Tell the truth and nothing but your truth. *Manage the head you call home. *Get good at keeping promises to yourself. *Find your sense of humour.

Maybe It's You picks up where You Are a Badass leaves off--it's a no-nonsense, practical manual to help readers figure out not just what they want out of life, but how to actually get there. Featuring a foreword from #1 New York Times bestselling author Mark Hyman. Maybe It's You: Cut the Crap. Face Your Fears. Love Your Life. by Lauren Handel Zander.

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40: Cut the Crap \u0026 Dream BIG w/ Life Coach Lauren Zander 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. Lauren is also the author of *Maybe It's You: Cut the Crap, Face Your Fears, Love Your Life* (published by Hachette Book Group, April 2017), a no-nonsense, practical manual that helps readers figure out not just what they want out of life but how to actually get there. She has spent over 20 years coaching thousands of private and corporate clients, including executives at Vogue, BASF, and AOL.

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. The new book from Lauren Zander. In this fast paced, snapchatting, twittering time, are you one of the last remaining readers? You know, if given a good book (noun: a written or printed work consisting of pages glued or sewn together along one side and bound in covers) and a pen (noun: writing utensil), you'd go to town? ...

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