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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®,

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New York Times bestselling author
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**(Maybe) It's You : Cut the Crap.
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Published on Jan 10, 2018 In this
episode of Rise of Humanity I talk with
Lauren Zander - prolific life coach and

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author of the fantastic book "Maybe It's
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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

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there. She has spent over 20 years coaching thousands of private and corporate clients, including executives at Vogue, BASF, and AOL.

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Lauren Zander is the author of Maybe

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It's You: Cut the Crap, Face Your Life

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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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

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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

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