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Maybe It's You: Cut the Crap. Face Your Fears. Love Your Life.
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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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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 your life*". Lauren has...

Maybe It's You : Cut the Crap. Face Your Fears. Love Your ...
Summary: *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. In *Maybe It's You*, life coach Lauren Handel Zander walks readers...

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