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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 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.

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Lauren Handel Zander (Author of Maybe It's You)

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

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Maybe Its You Cut The Crap Face Your Fears Love Your Life

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.

PDF» Maybe It's You: Cut the Crap. Face Your Fears. Love ...

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.

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

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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In Maybe It's You, you will finally and forever learn to: Put the cookie down. Whatever your "cookie" may be. Cut the crap about being "true to yourself," when you don't have a clue who that is. Fire your personal "publicist." Oh, you have one. Find your sense of humor. Yes, it's missing.

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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 author of the fantastic book "Maybe It's You: Cut the crap, face your fears, love...

Maybe It's You - Lauren Zander

You know that little voice in your head that encourages you to push the snooze button, put off chores or reach for bad-for-you foods? Well, my guest today refers to it as your "lower-self," and she says we ALL have one. But she also says we can rewire these thoughts...

Maybe It's You: Cut the Crap Archives - Dr Gundry

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