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

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  
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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 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**

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## **s You Cut the Crap, Face Your - SoundCloud - Maybe Its You ...**

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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