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

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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.

### Maybe It's You: Lauren Handel Zander - Wellness Force Maybe It's You: Cut The Crap. Face Your Fears. Love Your

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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 : Cut the Crap. Face Your Fears. Love ...

Maybe It's You: Cut the Crap. Face Your Fears. Love Your Life. Audible Audiobook - Unabridged Lauren Handel Zander (Author), Lauren Ruff (Narrator), Lauren Handel Zander - introduction (Narrator), & 4.4 out of 5 stars 205 ratings. See all formats and editions Hide other formats and editions. Price New from Used from ...

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.

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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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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.

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*Maybe It's You* **Maybe It's YOU! How to Cut the Crap, Face Your**

**Fears, and Love Your Life - Conversation with...** Van-Conversion

Episode 4-Cutting out the Springs and cables Laura-Grandy-

*Maybe It's You* *The Carpenters* \!"*Maybe Its You!*"

40: Cut the Crap \u0026 Dream BIG w/ Life Coach Lauren Zander

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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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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 can transform them into strengths.

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