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Lauren Zander is the author of Maybe It ' s

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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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Published on Jan 10, 2018 In this episode of Rise of Humanity I talk with Lauren Zander

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Lauren is also the author of *Maybe It ' s
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20 years coaching thousands of private and

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corporate clients, including executives at Vogue, BASF, and AOL.

Maybe It's You: Lauren Handel 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

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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 It's You : Lauren Handel Zander :
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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

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