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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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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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