

MAYBE IT'S NOT EVERYTHING ELSE. MAYBE IT'S **YOU.**

And that's the best news you'll
hear—because if you're the
problem, you're also the solution.

You already know the pressure you're under isn't sustainable. It doesn't need to be that way—you can find peace without losing your edge.

Certified coach and facilitator Erika Alessandrini introduces seven conscious questions and a framework for making conscious choices designed to help readers create results that last by overcoming their biggest self-sabotaging beliefs—those that can lead anyone to a breaking point.

Whether you are striving for success in business or your personal life, this book will provide you with the tools you need to give the people who matter the best of you, rather than what's left of you.

MEET ERIKA

Erika Alessandrini is a coach, facilitator, and author with more than twenty-three years in executive leadership and more than ten thousand hours of coaching, and she is on a mission to make peace and satisfaction possible without sacrificing results.

After burning out in corporate life and nearly losing what mattered most, Erika walked away to build a new kind of success—one rooted in clarity, compassion, and conscious choices. Since 2015, she has coached leaders, teams, and business owners to stop sabotaging themselves and start creating results that last.

Known for blending candor with compassion, Erika is both a truth-teller and an ally—the kind of guide who will challenge you and champion you in equal measure.

MAYBE

↳ *Looking Inward* ↵

IT'S

to Create **Real Change**

ME

Through Conscious Choices

Erika Alessandrini

AVAILABLE MAY 5, 2026



MAYBE IT'S ME IS MORE THAN A BOOK:








It's a complete ecosystem for self-mastery and conscious leadership.

The book includes personal anecdotes, charts, and practical strategies for implementing real change.

Readers can access additional resources and bonus content at MaybeItsMeBook.com, including the Conscious Choices Roadmap, printable graphics, companion workbook, toolkit, book club guides, and more.



7 CONSCIOUS QUESTIONS

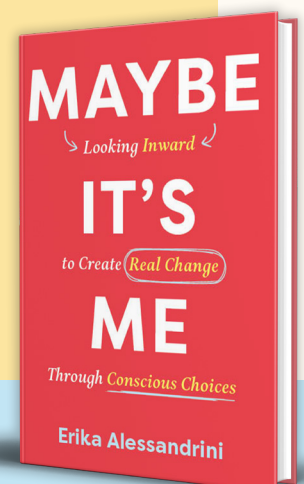
-  What am I feeling and what are my emotions signaling?
-  What is true for me?
-  What might be true for others?
-  What is the whole truth, even if it's inconvenient?
-  What do I want for myself and why is that important to me?
-  What decision best aligns with the impact I want to make?
-  What does it look like to take 100% personal responsibility, no more, no less?

IN AN INTERVIEW, ERIKA CAN SPEAK TO:

- The 5 self-sabotaging beliefs that are holding you back—and what to do instead
- The 7 conscious questions that will transform your life
- Barriers to self-mastery and strategies for overcoming them
- Her personal story of leaving the corporate world, overcoming burnout, and leading a life defined by conscious choices—and how she's helped others do the same

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