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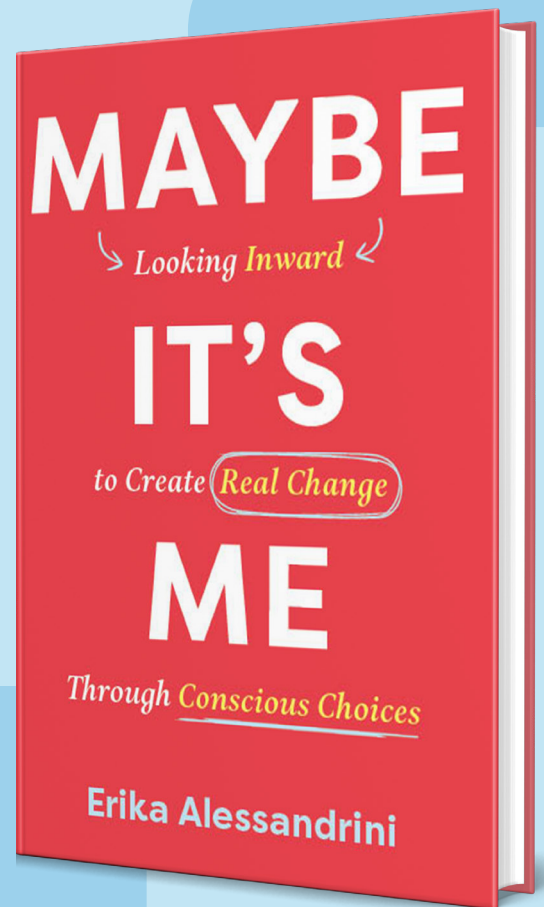
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**Maybe it's not
everything else.
Maybe it's YOU.**

Erika Alessandrini



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288 pages
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And that's the best news you'll hear—because if you're the problem, you're also the solution. *Maybe It's Me* shows you how to turn pressure into peace and finally achieve satisfaction without sacrificing results.

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.

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