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Coach Lauren Mackler is the author of the international bestseller, Solemate: Master the Art of Aloneness and Transform Your Life and a fellow author of Speaking of Success with Jack Canfield and Stephen Covey.

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Lauren Mackler is a renowned coach, keynote speaker, and host of the weekly Life Keys radio show on www.hayhouseradio.com. Over the past 25 years, she has been a psychotherapist, workshop facilitator, corporate consultant, and a leading authority in the areas of personal transformation, relationships, and professional performance.