



# LYNDSAY SOPRANO

Giving pain purpose—one raw conversation at a time.

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## TALK TO HER.



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## ABOUT HER.

Lyndsay Soprano is a **bold**, unfiltered voice in the chronic pain and trauma recovery space—transforming unimaginable suffering into unstoppable advocacy. She's the founder and host of ***The Pain Game Podcast***, a raw and riveting show that dives into the realities of living in—and rising from—chronic pain, trauma, and invisible illness.

Diagnosed with **Complex Regional Pain Syndrome (CRPS)** in 2017—one of the most painful conditions on the McGill Pain Scale—Lyndsay is also a survivor of sexual, emotional, and physical abuse, infertility, depression, anxiety, and divorce. She's walked through hell more than once—and set up a mic right in the middle of it.

Her mantra, “The only way out...is through,” isn't just podcast fodder—it's a way of life. After years lost to misdiagnoses and failed surgeries, she took healing into her own hands, choosing a trauma-informed, integrative approach that **blends grit, grace, and humor**.

As a guest, Lyndsay brings depth, vulnerability, and an irreverent edge to conversations about pain, healing, identity, resilience, and what it truly means to reclaim your power. She's not here to sugarcoat the journey. She's here to **give pain purpose**—and to help your audience feel seen, understood, and not alone.

If your show speaks to healing, reinvention, or the human condition, Lyndsay will speak to your listeners' souls.

# YOU READY? SHE IS.

## CRPS UNMASKED

What it really feels like to live with “the suicide disease”—and why most people get it wrong.

## THE HIDDEN HELL OF CHRONIC PAIN

When your nervous system turns against you, and the world still expects you to smile through it.

## TRAUMA IN THE TISSUES

How childhood wounds and unresolved trauma manifest as chronic pain—and how to interrupt the cycle.

## RECLAIMING ‘ME’

Surviving abuse, trauma, infertility, and identity loss—and becoming louder, not smaller, because of it.

## DARK HUMOR + LAUGHTER IN THE DARKNESS SAVED MY LIFE

Why laughter—especially the wildly inappropriate kind—is sometimes the only thing that works.

## GO WEST? NOPE.

What Western medicine gets wrong—and how I took my healing into my own hands.

## STAYING FIERCE + F\*CKING REAL WITH CHRONIC PAIN

What happens when you stop pretending you’re fine—and start doing life on your terms—pain and all.

## SEX, SHAME + SURVIVAL

The shadow of trauma on intimacy, identity, and reclaiming your body.

## INVISIBLE ILLNESS, VISIBLE IMPACT.

The emotional cost of looking “fine” when you’re anything but.

# QUESTIONS SHE'S IN MAKE-UP FOR.

## **TRAUMA + TRANSFORMATION**

- You've survived a hell storm of trauma—abuse, infertility, divorce, CRPS. Which of those broke you wide open—and what came out?
- Can you walk us through the moment you realized Western medicine wasn't going to save you?
- What role has trauma played in the development of your illness—and your healing?

## **CHRONIC PAIN + CRPS**

- For those unfamiliar with CRPS—what is it, and what does living with it feel like, really?
- How do you manage the daily agony of an incurable disease while still running a business and producing a podcast?
- What's something most people get completely wrong about chronic pain?

## **HEALING + HUMOR**

- You bring humor into some of the darkest conversations. Why is that important for healing?
- You often say, "The only way out is through." What does that look like day-to-day?
- What practices or mindsets have truly helped you truly start to reclaim your life?

## **THE PAIN GAME PODCAST + PURPOSE**

- What inspired you to launch The Pain Game Podcast—and what's been your most unforgettable guest or episode?
- How has sharing your story publicly impacted your healing and your community?
- What do you want listeners who are suffering—physically or emotionally—to walk away with?

## **ENTREPRENEURSHIP + IDENTITY**

- How did your marketing background shape the way you approach advocacy and storytelling in pain?
- What advice would you give to someone trying to rebuild a life—or a business—while managing chronic illness?
- Where do your personal and professional lives intersect most powerfully now?

## FEATURED AS A GUEST.



### TALKING CHRONIC PAIN

No Need to Explain with the Mental Health Mama's



### FINDING STRENGTH IN STRUGGLE

Unweaving Chronic Pain



### USE YOUR PAIN TO UP YOUR GAME

Fearlessly Fertile Podcast



### YOU ARE YOUR BEST ADVOCATE

Mom Essentials



## PROMOTING OUR EPISODE.

As a longtime marketer and podcast host, Lyndsay knows how much effort goes into every episode. When she's a guest, she shows up and helps boost the signal. Here's what she'll do to support your show:

- Share across Instagram, Facebook, and LinkedIn, including Stories
- Post Reels, YouTube Shorts, and audiograms with engaging visuals
- Feature the episode in her Pain Game Podcast email newsletter
- Include a permanent link on her website and relevant podcast show notes
- Tag and engage with your podcast before and after the episode airs
- Actually give a damn—and make sure people hear it

She's all about real talk, real reach, and real results—**let's make it count.**

## GRAB HER WHILE YOU CAN.



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