



THE
*Pain
Game*TM
PODCAST

GIVING PAIN PURPOSE



ABOUT THE PODCAST.

The Pain Game Podcast isn't your typical conversation about pain, trauma, and healing. It goes deep—into the hard, heavy, and human—delivered with grit, grace, and just the right dose of dark humor. Because sometimes, laughing through the wreckage is the only way out.

Join Lyndsay Soprano each week as raw truth, dark humor, and gritty storytelling collide. From chronic pain to complex trauma, she and her guests rip off the bandages, embrace the mess, and get real about what healing actually looks like.

This isn't just a podcast—**it's permission to feel, to rage, to laugh, and to live through it.**

And to GIVE PAIN PURPOSE.



LYNDSAY SOPRANO

HOST + CRPS WARRIOR

Lyndsay Soprano is the bold, unfiltered voice behind ***The Pain Game Podcast***—a raw and riveting show about surviving chronic pain, trauma, and invisible illness.

Diagnosed with **Chronic Regional Pain Syndrome (CRPS)** in 2017, she's turned a life marked by suffering into one of fierce advocacy and unapologetic storytelling.

A trauma-informed, healing warrior with a mantra of “the only way out...is through,” Lyndsay brings grit, grace, and gallows humor to every mic she touches. She's also the Founder and CMO of Bound-by Marketing, Inc., a creative force with 25+ years of branding expertise, powered by degrees in Communications, Creative Writing, Vocal Performance, and an MBA in International Sales & Marketing.

lyndsay@thepaingamepodcast.com

STEVE KOCH

EXECUTIVE PRODUCER

Steve Koch is the person ensuring *The Pain Game Podcast* sounds as good as it makes you feel.

Before stepping into podcasting, he spent years producing unscripted TV like *The Bachelor* and *The Biggest Loser*, Learning how to turn real moments into conversations that connect.

Now, as the founder of Vandalpop Media, he partners with Lyndsay to bring her vision to life each week, ensuring that every episode feels as honest, heartfelt, and human as the conversations themselves.

steve@vandalpop.com





RACHEL KALMAR

DIRECTOR OF MARKETING + PARTNERSHIPS

Meet Rachel, from the land of maple syrup and endless winters, Toronto's very own Canuck.

She is the community builder and the leader of our marketing and partnerships team. During her downtime, catch Rachel strolling the city with her Bernedoodle sidekick, Norman, and a cup of coffee in hand.

rachel@boundbymarketing.com

GUESTS WHO'VE GONE THERE.

Each episode features guests who aren't afraid to speak the truth—about pain, trauma, healing, and everything in between. From doctors to trauma survivors, sex therapists to spiritual guides, our conversations cut deep and leave nothing off the table.

We don't book for fame—we book for FIRE.

FEATURED GUESTS



Angel Parker
from the Netflix Series,
Diagnosed



Dr. Jim Keany
Chief Medical Officer at
St. Mary Medical Center



Meg Appelgate
CEO of Unsilenced
Non-Profit for TTI



Bill Handel
LA Morning Drive Talk
Show Host KFI AM640

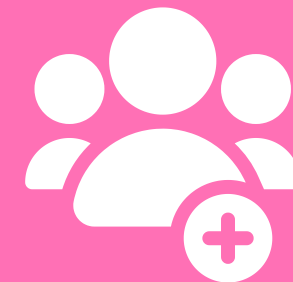
OUR IMPACT SO FAR.

From one raw conversation to thousands of loyal listeners around the world — these numbers are more than stats. They're proof that real stories resonate, and our community keeps growing because of it.

**Stats from October 2025*



50K
Downloads



14.9K
Followers



26K
Reach

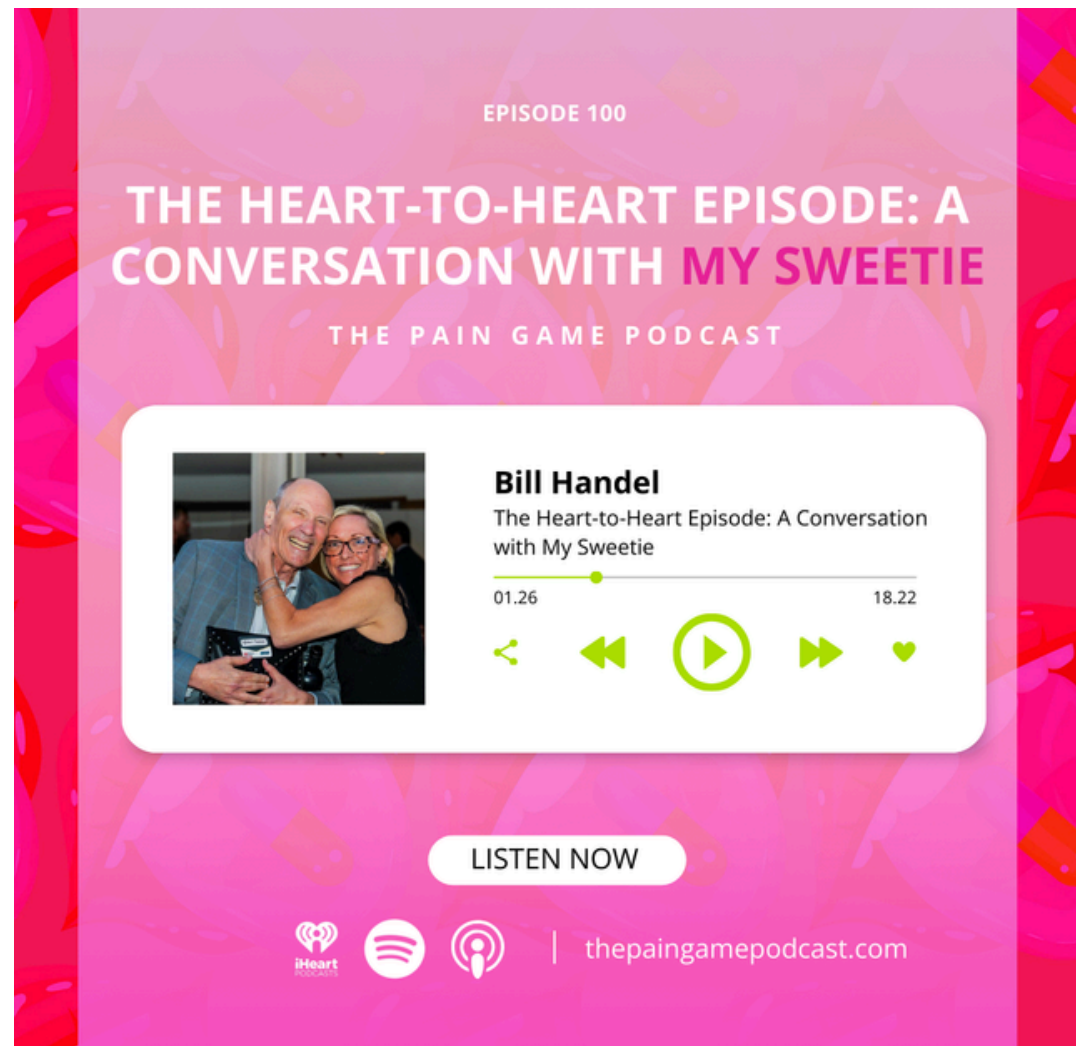


26+
Countries
Streaming

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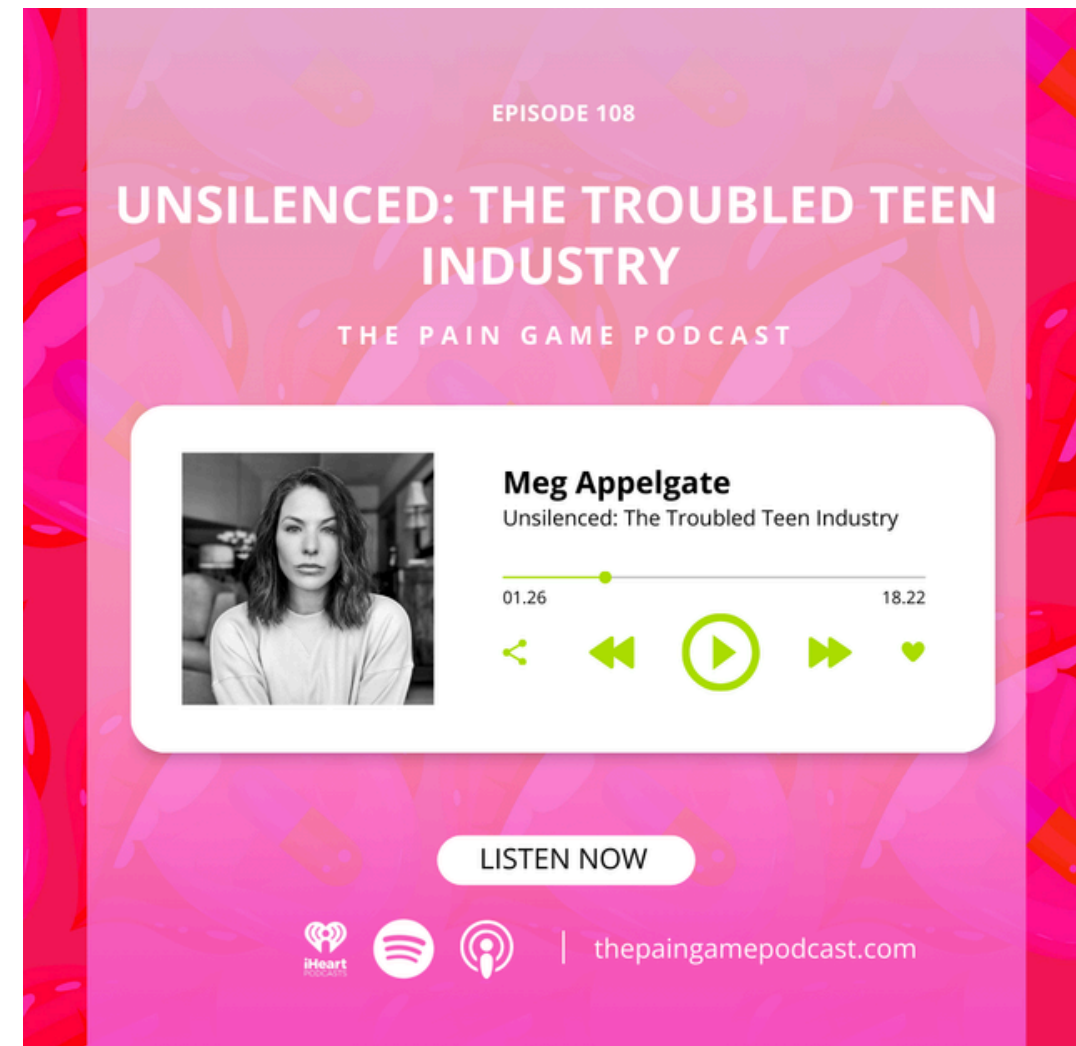
FAVE EPISODES.

THE PAIN GAME PODCAST



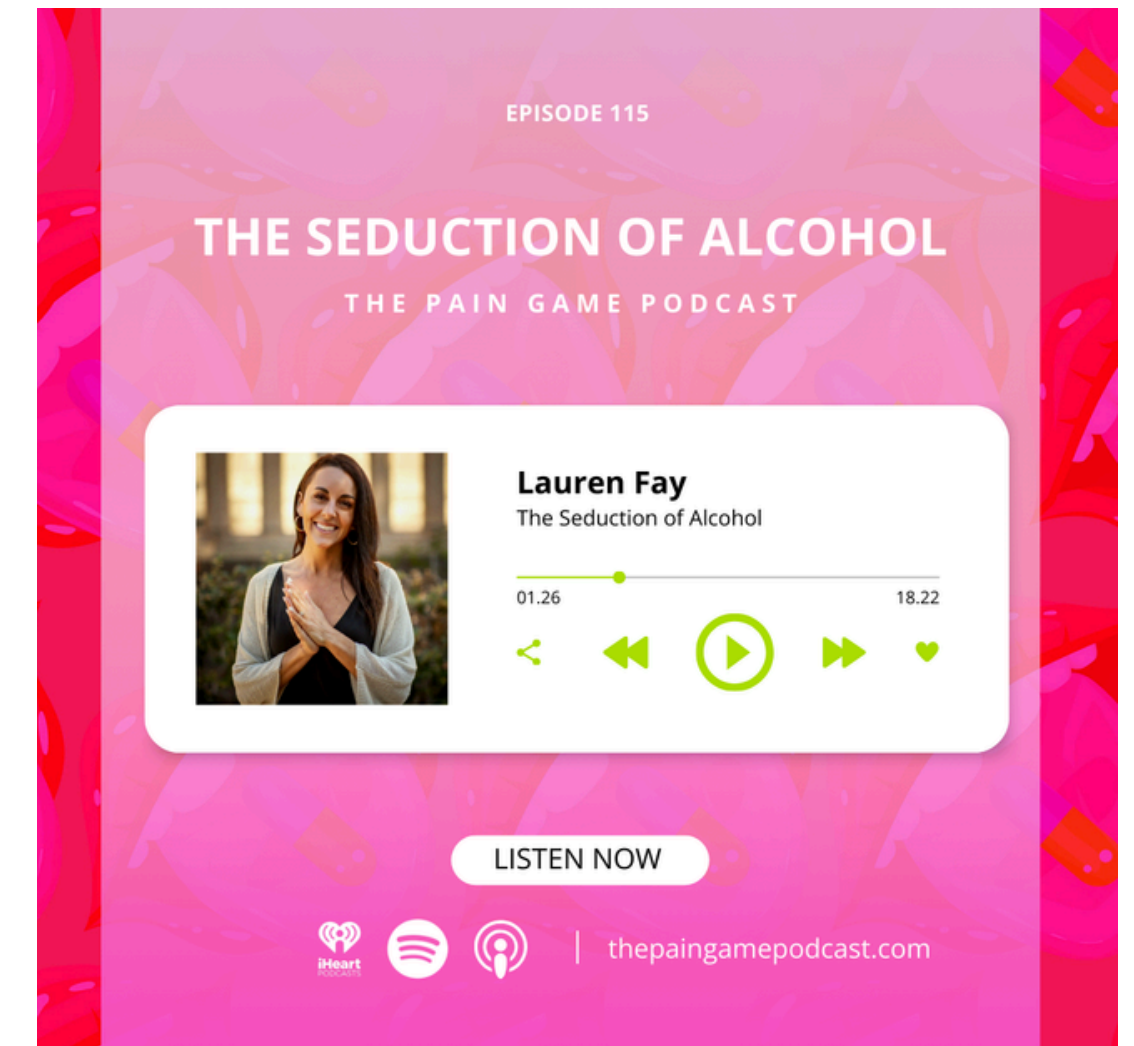
EPISODE 100

A powerful milestone episode where love, pain, and purpose intersect—Lyndsay and Bill Handel share a raw and heartfelt look at being the sweetie of someone who lives in chronic pain.



EPISODE 108

In an unflinching exposé of the troubled teen industry—Meg Appelgate shares her personal trauma, uncovering systemic abuse, and igniting a call for justice and change.



EPISODE 115

A raw conversation on addiction, identity, and healing—Lauren Fay explores the messy, courageous path to recovery and the power of vulnerability in sobriety.

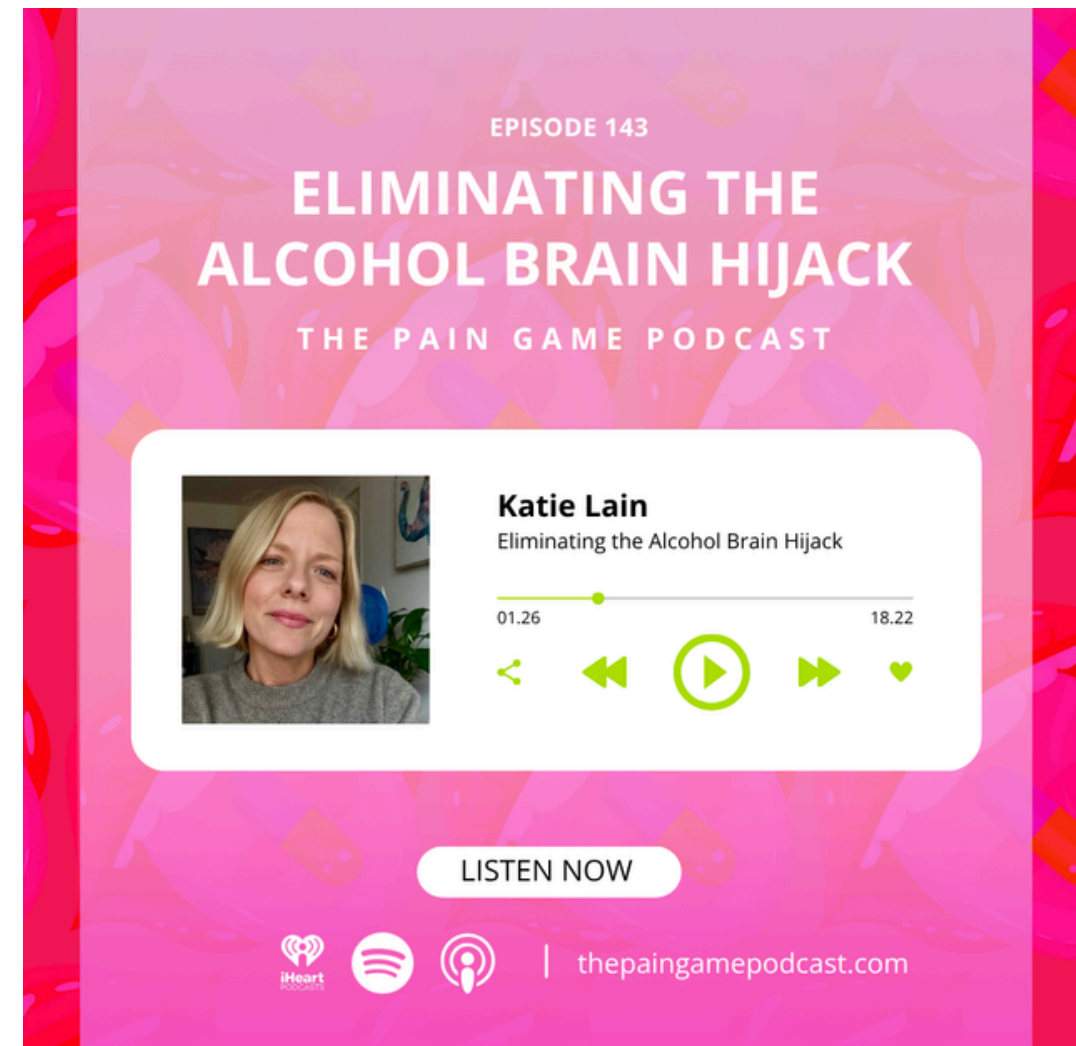
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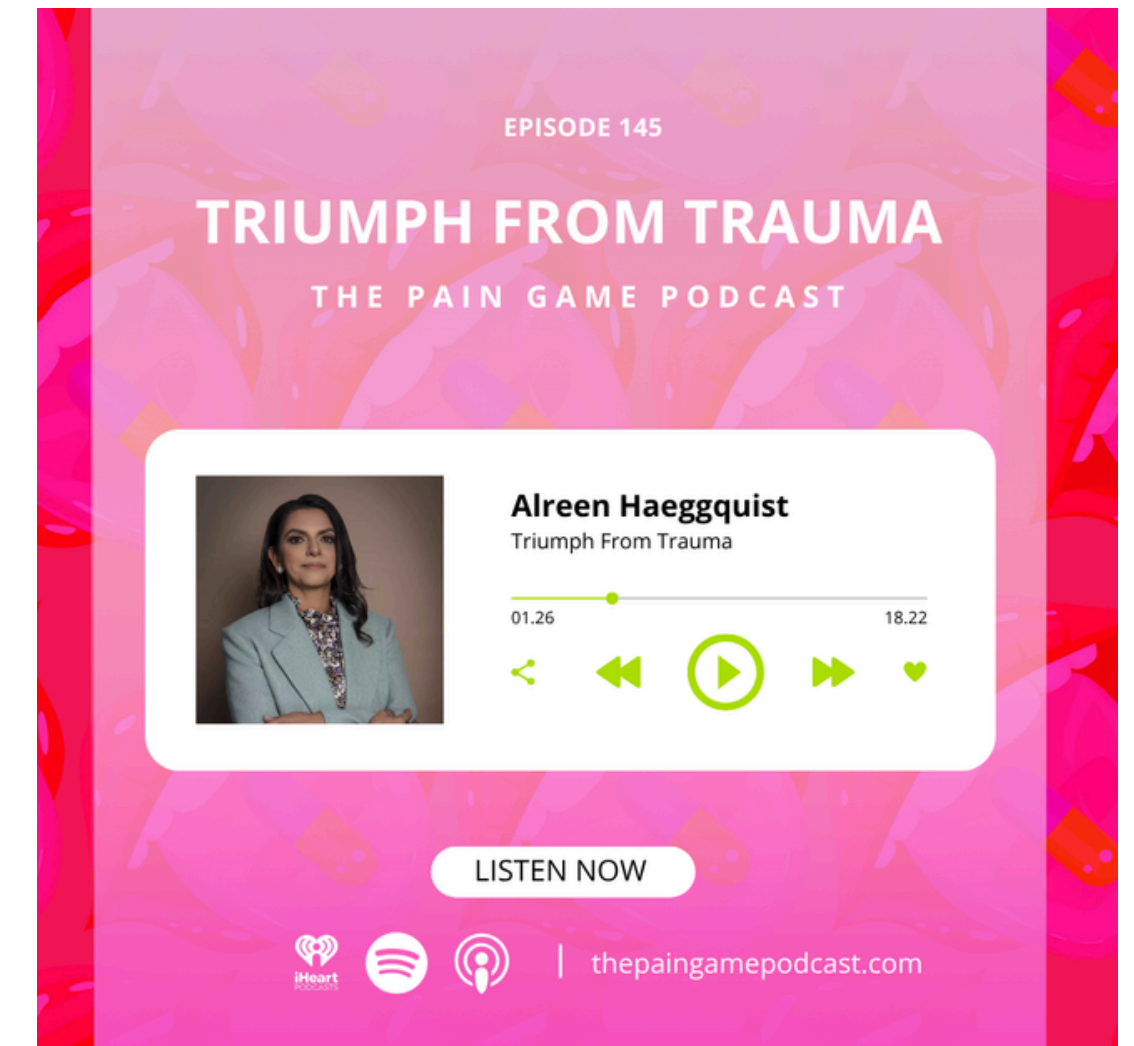
EPISODE 136

An intimate episode where energy meets emotion. Dr. Mary Sanders explores the unseen layers of healing—and what it truly means to honor and protect your energy when you are a super empath.



EPISODE 143

A powerful episode on addiction, recovery, and self-compassion. Katie Lain unpacks the science, stigma, and emotions behind alcohol use with *The Sinclair Method* and Naltrexone.



EPISODE 145

A raw and honest discussion about being triumphant after years of sexual abuse and trauma. Alreen Haeggquist shares a look at survival, silence, and the power of reclaiming your story and fighting injustice.

TALKING ABOUT

CHRONIC PAIN + TRAUMA

GETTING TO THE HEART OF HOW TO HEAL.

THE PAIN GAME SPACE.

From science-backed recovery tools to raw personal storytelling, these shows are part of the growing conversation around chronic pain, trauma, and healing. We tune in not to compete, but to connect—and to carve out our distinct voice in a crowded space.

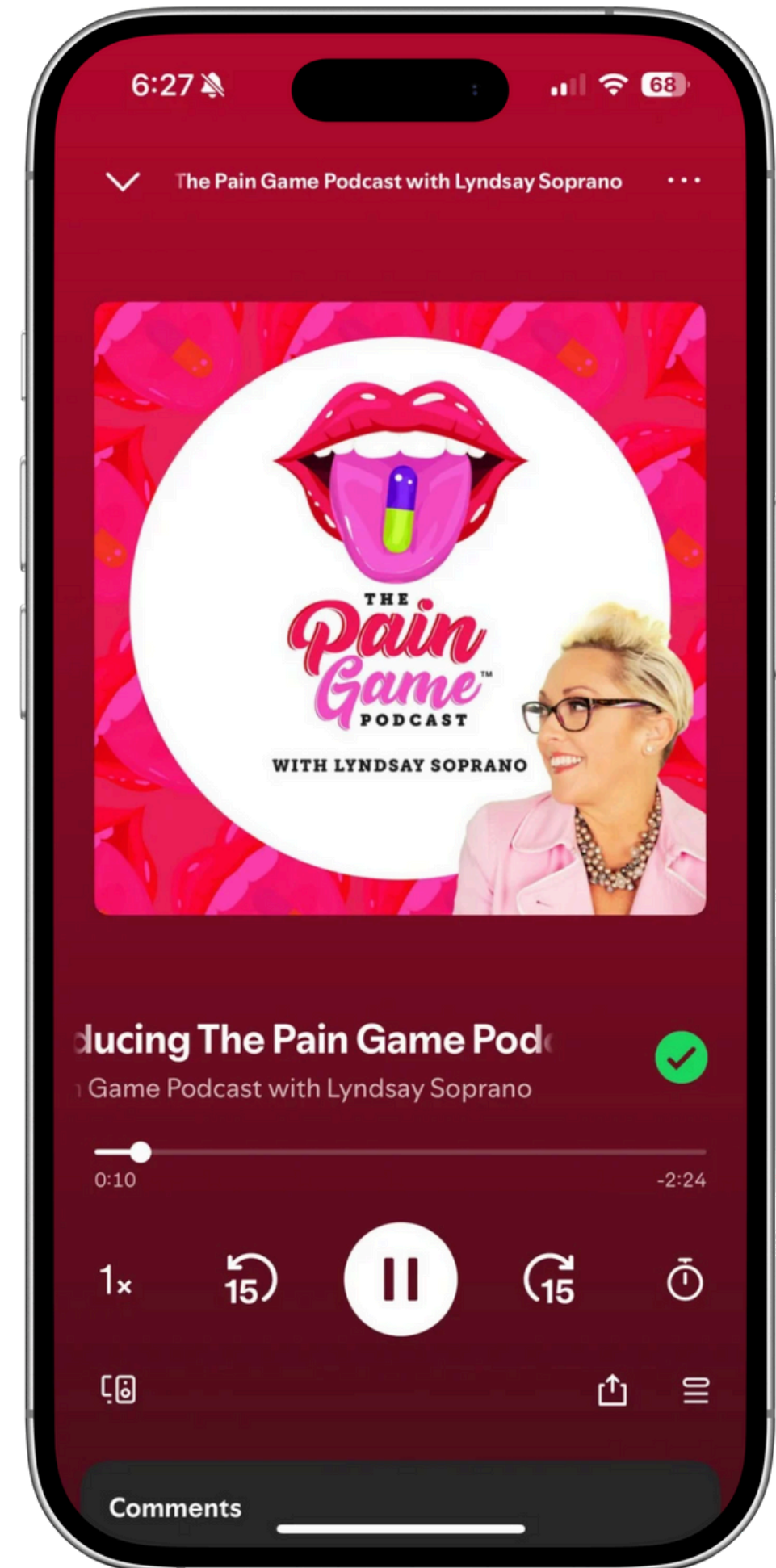
The Pain Game Podcast stands apart by going deeper, louder, and more unfiltered. We don't tiptoe around pain—we talk about the trauma, the taboo, and the truth with unapologetic grit, dark humor, and real healing strategies. Where others soothe, we stir. Where others educate, we ignite.

Our edge? We fuse story, strategy, and soul to not just raise awareness—but raise hell, when needed.

LISTEN.

Stream the real and raw talk on Spotify, Apple Podcasts, iHeart, and wherever you consume your podcasts. Whether you're driving, hiding under the covers, or pacing through pain—our episodes are ready **when and where you are**.

No fluff. Just fierce, unfiltered conversations that hit where it hurts—**and heal where it matters**.





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WANT TO BE OUR GUEST?

Join the conversation at thepaingamepodcast.com or
email talktoher@thepaingamepodcast.com to discuss the deets.

We can't wait to connect!



FOLLOW THE SHOW.

JOIN US AND INTRODUCE YOUR
VOICE TO THE CONVERSATION.

