



# 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.

She brings over two decades of entrepreneurial and creative firepower as the owner of Bound-by Marketing, launched in 2000. With degrees in Communications, Creative Writing, Vocal Performance, and an MBA in International Sales + Marketing, Lyndsay knows how to tell stories that stick—and **heal**.

Lyndsay is not here to sugarcoat the journey. She's here to **give pain purpose**—and to help her audience and guests feel seen, understood, and not alone.

# ABOUT THE SHOW.

***The Pain Game Podcast*** isn't just about surviving pain—it's about surviving the unthinkable. Host Lyndsay Soprano always goes deep into the hard, heavy, and human—delivered with grit, grace, and her signature dark humor. Because sometimes, laughing through the wreckage is the only lifeline.

**Season 4** takes a new twist—just for this season—while staying rooted in the mission of **giving pain purpose**. Alongside the voices of survivors, she opens the door to a new cast of guests: true crime victims, prosecutors fighting for justice, psychologists decoding the aftermath, and forensic experts bringing evidence to light. Together, they expose how crime doesn't end with the verdict—**it lingers in the body, the mind, and the soul**.

This isn't just a podcast—it's still your space to feel, to rage, to laugh, and to live through it. But this season, you'll also step into the crime scenes and bear witness to survivors who refuse to be defined by what happened to them.

**NO MATTER THE STORY—JOIN HER TO GIVE PAIN PURPOSE.**

## SHOW STATISTICS.



**15K**  
Followers



**75K**  
Downloads



**26K**  
Reach

## TOP EPISODES.



**OUTSIDE OF THE  
PRESCRIPTION PAD**



**DIAGNOSIS DETECTIVE**



**THE SEDUCTION OF  
ALCOHOL**

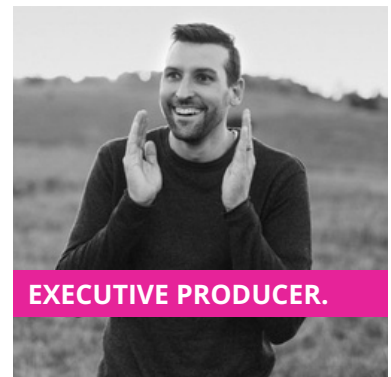
## THE FAMILY.



**PODCAST HOST.**



**DIRECTOR OF MARKETING.**



**EXECUTIVE PRODUCER.**

## WHAT THEY'RE SAYING.



Lyndsay is an absolutely delightful person. She's so fun, so generous and so caring. This was one of my favorite conversations on a podcast! I highly recommend Lyndsay and the Pain Game Podcast."

– Amy Vincze

"What a JOY to be on this podcast. Lyndsay is so gifted as a host; thankful for the opportunity.



– Katie Lain



The BEST podcast host! So personable, engaging, entertaining, and genuinely interested in the conversation and topic. It's obvious she cares strongly about delivering to her audience and connecting on a deep level. LOVED being on her show!"

– Lauren Fay Acton

"OMG!! Seriously the best podcast!!!! Lyndsay's energy is so amazing. It was seriously like chatting with a sister or a very old and dear friend. I really had a blast and would love to do it again.



– Lisa Watson