



LYNDSAY SOPRANO

Giving pain purpose—one raw conversation at a time.

TALK TO HER.

- 📞 (949) 610-6546
- ✉️ talktoher@givingpainpurpose.com
- 📍 Los Angeles, CA
- 🌐 givingpainpurpose.com

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 ***Giving Pain Purpose***, 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.

Giving Pain Purpose, formerly known as *The Pain Game Podcast*, is where raw truth, real trauma, and relentless healing collide.

Hosted by Lyndsay Soprano, this podcast goes beyond surviving pain. It's about surviving the unthinkable and finding a way forward when life has knocked you flat. With grit, grace, and her signature dark humor, Lyndsay dives into the hard, heavy, and deeply human conversations most people are too afraid to have.

Each week, she sits down with survivors, experts, healers, and everyday people who have faced trauma, chronic pain, loss, disability, addiction, abuse, and life's most devastating challenges—and chose to rise anyway.

These are honest conversations about what happens after the diagnosis, after the tragedy, after the headlines fade. The moments when healing begins, identities are rebuilt, and purpose is found in places no one expected.

If you're living with chronic pain, navigating trauma recovery, healing from medical gaslighting, or searching for hope in the middle of the chaos, you're in the right place.

You don't have to heal quietly. You don't have to carry it alone.

Welcome to **Giving Pain Purpose**, where pain isn't the end of the story—it's where purpose begins.

SHOW STATISTICS.



15K
Followers



75K
Downloads



26K
Reach

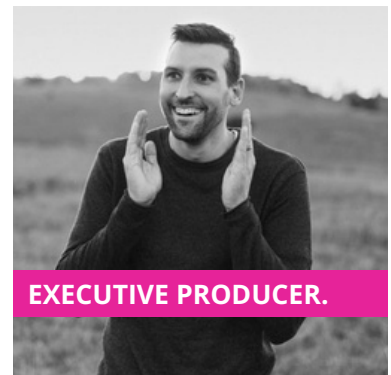
THE FAMILY.



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 Giving Pain Purpose 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