# Lauren Auwood

Availability not set yet.

## Appearances on record

- [REPLAY] Protecting Your Peace: Setting Boundaries with Difficult Family Members with Lauren Auwood, The Sparkle Project, Dec 16, 2025 (Feed-stated)
- Protecting Your Peace: Setting Boundaries with Difficult Family Members with Lauren Auwood, The Sparkle Project, Mar 18, 2025 (Feed-stated)

Appearances are Verified or Feed-stated credits from each show's own feed. Inferred credits are never listed.

## Book or pitch

Book on PodSubs: https://podsubs.com/in/lauren-auwood/one-sheet