



Nice to meet you!



Hi, I'm Lauren. I help singles avoid dating fails & claim their deepest desires.

After a series of painful break-ups, I took action to make big changes to my dating mindset. I studied all the popular and lesser-known therapies in an effort to avoid the toxic Dating Loops that were keeping me stuck. Mindfulness was the common thread and the glue that pulled everything together for me. Through non-judgemental acceptance I was able to shift into worthiness and heal the fears, anxieties, and shame that were stopping me from choosing the healthy love I was looking for.

My Bio

From anxious mess to confident dating Queen, Lauren uses her personal success story to illustrate the effectiveness of various evidence-based self-healing techniques.

Through her digital courses, engaging online presence, MettaDate Journal mobile app, and co-authored book, "The Mindful Dating Journal," Lauren empowers singles to ditch the dating struggle and claim the loving relationship they so deeply deserve.

Speaking Topics

- MettaDate: How Being Kind to Yourself Brings Dating Success
- Escape Your Toxic Dating Loop

Education

Bachelors of Arts 2008,
Ramapo College of NJ

Certified Mindfulness Teacher,
School of Positive Transformation.

Mindfulness-Based Stress
Reduction (MBSR) Certified,
Palouse Mindfulness School

EFT/TFT Tapping Certified,
The Priority Academy



"The Mindful Dating Journal: Find a Healthy Love that Lasts"

Self-published interactive workbook to help singles make wiser dating decisions.



MettaDate Journal App A Tool for Finding Love

Inspired by her book, Lauren created this free app to help singles reflect after a date.

