

LAUREN LAKE

Multi-faceted television personality and certified Renaissance woman, Lauren Lake, simultaneously balances careers law, interior design, and entertainment. Lauren, a licensed attorney, is a regular on-air legal commentator on Fox News, CNN, and Headline News, and has served as guest anchor for MSNBC and Court TV. A graduate of The University of Michigan Ann Arbor and Wayne State University Law School in Detroit, Lauren is a member of the New York, New Jersey, and Michigan Bars concentrating in the areas of criminal, entertainment and family law. She has appeared as a legal and relationship expert on the “Dr. Phil”, “Montel Williams”, Maury”, “Ricki Lake” and “Greg Behrendt” shows. Lauren is known for her “tell-it-like-it-is”, poignant points of view on everything from politics and pop culture, to divorce and dating dilemmas.

Lauren is also the host and designer for HGTV’s hit home makeover show, “Spice Up My Kitchen” and co-owns L Style Design Studio in Fort Lee, New Jersey, where she specializes in turning ordinary homes into houses of style. Lauren’s avant-garde, spirited energy is reflected in her designs. Her “outside –the-box”, organic approach to transforming spaces is unique and refreshing. Lauren’s dramatic, colorful designs have been featured on “Live with Regis and Kelly”, TLC’s hit homemaker show “While You Were Out”, “The Ricki Lake Show”, and The WE Channel’s “Single in the City”.

Lauren travels the country motivating others to pursue their passions and create the lives they desire through her “Design to Thrive” seminars. Comedian/activist Dr. Bill Cosby, hand selected Lauren to be a featured motivational speaker on his nationwide “Call Out” tour, which reaches out to inner city communities to provide educational support, and awareness of social service organizations that help empower families to create better lives. Lauren brings audiences to their feet with her passionate, unrelenting message of personal responsibility, power and privilege. She engages in more fiery discussions on complex issues facing the African American community as co-host of BET J’s “My Two Cents”, and as a regular contributor on BET’s “Meet the Faith”, “The Michael Baisden Show” and New York’s Power 105.1 FM.

Lauren currently serves on the advisory board for the Power Girls mentoring organization, and the Women in Entertainment Empowerment Network (WEEN), an organization committed to supporting, promoting and defending, the positive portrayal of women in entertainment and society through social change, and corporate, media and community responsibility. Lauren contributes a monthly column in the “Inspire Me” section of the WEEN website, and weekly advice on WEEN radio, encouraging and inspiring young women to maximize their potential and pursue their dreams.

Not only is she a powerful voice in media, Lauren is also a professional vocalist and seasoned performer. She’s sung background for platinum selling artists like P.Diddy, Mary J. Blige,, Jay-Z and Snoop Dogg, and continues to perform throughout the New York metropolitan area.

Lauren has been featured on “The Today Show”, “Good Morning America” as well as in The New York Times, Newsday, Entertainment Weekly, Time Magazine, Good Housekeeping, Woman’s Day, Jet Magazine, The Detroit Free Press, The Baltimore Sun and The Birmingham News.

Lauren Lake remains committed to motivating others to pursue their passions and get the most out of life and love, in her seminars, “Design to Thrive”, “Negotiating in Relationships”, and “Limitless Living” as well as her upcoming book for single women, entitled “Girl! Let Me Tell You...”. Lauren was recently a guest speaker at Essence Magazine’s Young Women’s Leadership Conference held in Washington, DC.

With all of these experiences in her professional repertoire, Lauren Lake personifies the boundless potential that lies within us all, and by example proves we each have power to create not only the living space we want, but the lives we truly desire for ourselves.