AUTHOR + PODCASTER + SPEAKER

Lindsey Maestas

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WWW.SPARROWSANDLILY.COM



Bio

Lindsey Maestas is based out of Franklin, TN. She is the author of Don't Burn Your Own House Down, a blogger and host of the widely successful podcast: The Living Easy Podcast. She has grown her platform by means of social media marketing, Pinterest strategy and honest communication. Her topics include: home design, marriage, motherhood, faith, unique recipes and practical family products.

Where she shows up

INSTAGRAM
115K
followers

TIKTOK
179K
followers

PINTEREST
18K
followers

PODCAST
3 million
downloads

282,000
PAGE VIEWS, PAST 12 MONTHS

167,000
UNIQUE VISITORS, PAST 12 MONTHS

As seen in

Huffington Post Magazine
Better Homes & Gardens
RELEVANT Magazine
For Every Mom
Project Nursery
Focus on the Family
FAITHIT
Crosswalk.org
To Save a Life
TheCourage Magazine

Audience

82% women, primarily ages 25 to 44, interested in faith, marriage, motherhood, home and cooking

LOCATIONS

U.S.: 89% Canada: 4% Other: 7%



THE BOOK

Don't Burn Your Own House Down

A book about all things marriage and relationships. Prioritizing Your Marriage, Your Spouse, and Yourself for a Deeper Connection. Available at Amazon, Target, Barnes & Noble and Christianbook.

Brands I've partnered with

Google | Whole Foods | Harper Collins | Cuisinart | La Mer | Bank of America | Modsy Design | WalMart + Rustoleum Paint | Urban Decay | Project Nursery | Armani Exchange | Fossil | Aveeno | DIFF Eyewear | AWAY Luggage | Hello Fresh | Emtek | Bob's Red Mill | Hidden Crown | Babbleboxx | Harry and David Gourmet & more

Thank you for letting me be a part of your story!

Let's work together

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