

Lauren Fix

The Car Coach®

Lauren Fix, the Car Coach®, is a nationally recognized automotive expert in car care, repair, safety issues, buying and selling new and used cars and trucks, and driving skills.

She has written articles and been quoted in *USA Today*, *Good Housekeeping*, *Redbook*, *Woman's World*, *Esquire*, *First for Women*, *InTouch* and *Self*. She is a contributing editor to *Motor Trend*, *Truck Trend*, *Hot Rod*, and *Car Craft*. In addition, Lauren is the Automotive Editor for *YourLifeMagazine.com* and author of two books, *Driving Ambitions: A Complete Guide to Amateur Auto Racing* and *The Performance Tire and Wheel Handbook*. And completing her third book "The Essential Guide To Car Smarts" with St. Martin Press.

Lauren's broadcast experience includes *Oprah*, *The View*, *TODAY*, *The Early Show*, *CNN*, *FOX News*, *MSNBC*, *Headline News*, *TBS Makeover* and a Movie, *Inside Edition*, *ESPN*, *TBS*, *Discovery*, *Speed*, and *NPR*. Lauren is the host of *Talk 2 DIY Automotive*, on the Do-It-Yourself Network (DIY), providing in-depth demonstrations and tips for auto repair airing in its 4th season.

She has a bachelor of science the University of Buffalo.

A member of the Society of Automotive Engineers (SAE) since 1982, Lauren is an ASE (Automotive Service Excellence) certified technician. She inherited her love of all things automotive from her father who owned a brake remanufacturing business and many cars. Lauren has been fixing, restoring and racing cars since the age of 10. She has been advising drivers for almost all her life.