

Michael Lauria

Qualified therapist, author and philosophical mythologist



Michael Lauria is a qualified therapist, author and philosophical mythologist. He has been in private practice since 2006 and has spent more than 25,000 hours in the chair, most of them with men and couples, along with two years sitting with the dying in hospice and a year on a suicide hotline. He is the author of *Obsolete*, *How to Be Michael Jackson* and *Twenty Years in the Chair*, published 4 November 2026. He is also the mind behind *The Architect*, a body of work of thirty-three books and *The Architect Speaks*, a podcast of more than 500 episodes.

What twenty years in the room taught him: people can understand their own patterns with perfect clarity and still keep living them. His new book, *Twenty Years in the Chair*, is about why.

20 yrs

IN PRIVATE
PRACTICE

25,000+

HOURS IN THE CHAIR

33

BOOKS AS THE
ARCHITECT

500+

EPISODES HOSTED

THREE CONVERSATIONS HE BRINGS

Twenty Years in the Chair

PUBLISHED 4 NOVEMBER 2026 · THE LEAD CONVERSATION

“Twenty years and 25,000 hours in the chair taught me most therapy has no ending built in. I’ll give your listeners three questions that tell them whether theirs is going somewhere.”

Why so many people understand their patterns perfectly and never change them, and what the structure of the room has to do with it: fifty minutes, once a week, language as the only tool, and a practitioner whose income depends on the client coming back. Told without contempt for the people who do the work.

Obsolete: Who Are You When the Machine Can Do It All, and Death Is Optional?

OUT NOW, 23 SEPTEMBER 2026

“For twenty years I sat with men who lost the job and then lost themselves. AI is about to run that experiment on millions at once.”

AI is taking the work that told people who they were, and longevity science is pushing the end further away. Drawing on two years at hospice bedsides, it asks what is left of a person when being needed stops answering the question of who they are.

How to Be Michael Jackson: The Pattern Beneath the Performance

OUT NOW, JUNE 2026

“What does it cost a child to become exactly what everyone needs?”

The most documented life in modern pop culture, read the way a clinician reads a client: the same operating system that produced the catalogue also produced the cost. The book doesn’t adjudicate the 1993 settlement or the 2005 trial, and leaves the verdict to the reader.

A wound is something you have.

An architecture is something you are.

From *Twenty Years in the Chair* (Athanatos Press, 4 November 2026)

TALKING POINTS HOSTS CAN PULL FROM

- Why therapy can make people better at describing their problems without the problems changing, from someone who spent twenty years in the chair and wrote a book about why.
- How to tell whether your therapy is going somewhere, and what an ending built into the work would look like.
- The performed self: how children learn that worth is earned through performance, and what it costs by forty. The Michael Jackson case as everyone's story at maximum volume.
- To choose is to sacrifice: the difference between the sacrifice that builds a life and the sacrifice that quietly spends one.
- What two years sitting with the dying taught him that the consulting room didn't. The man who was a function to the end, and the woman who did the work at 85 and met the end whole.
- Work, identity and AI: what happens to a person's sense of worth when a machine can do what only they could do.
- Fathers and transmission: what actually passes from father to child, and why it's rarely what the father intends.

PRACTICAL

- Records remotely, audio and video.
- Hear him first, three episodes of *The Architect Speaks*: [Ep 475, The Addendum to the Spine](#) (his own story) · [Ep 496, Why Am I So Anxious?](#) (a common problem, read clinically) · [Ep 495, How to Stop People-Pleasing](#). The full run of more than 500 is on Apple, Spotify and everywhere else.
- Advance copies of *Twenty Years in the Chair* for hosts, producers and journalists: lauriareads.com/press
- Past guest appearances, bios and photos: lauriareads.com/press

LINKS

Twenty Years in the Chair: lauriareads.com/twenty-years-in-the-chair

Obsolete: lauriareads.com/obsolete

How to Be Michael Jackson: lauriareads.com/how-to-be-michael-jackson

About Michael: codexofthearchitect.com/michael-lauria

The podcast: *The Architect Speaks*, on Apple, Spotify and everywhere

The record since 2006: forgingexcalibur.com