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Lauren Sánchez Opens Up About Low-Key Home Life with Fiancé Jeff Bezos — and What They're Binge Watching (Exclusive)

In this week's issue of PEOPLE, the author and activist gives a glimpse into her quieter moments with the Amazon founder

By [Gillian Telling](#) | Published on August 29, 2024 03:28PM EDT



Jeff Bezos and Lauren Sanchez attend The 2024 Met Gala. PHOTO: KEVIN MAZUR/MG24/GETTY

[Lauren Sánchez](#) is engaged to one of the richest men in the world but she says her home life with Amazon founder [Jeff Bezos](#) is, well, a lot more low-key than their jet-setting and busy work lives would suggest.

"My favorite time is when the house is calm and quiet and Jeff and I are deciding what show we're going to binge that night," says the philanthropist and Emmy-winning former news anchor, 54, who is currently gearing up to release her first children's book, [The Fly Who Flew to Space](#).

Sánchez splits her time between Los Angeles and Bezos' hometown of Miami. Like most couples, they don't always agree on what to watch.

For more on Lauren Sánchez's life now and her quiet moments with fiancé Jeff Bezos, pick up this week's issue of PEOPLE, on newsstands Friday, or [subscribe](#).

"It takes a little bit of time to decide" Sánchez admits with a laugh. "You can imagine our tastes are a little different. But I love our TV time, we just have the best time."

And their current faves?

"We recently saw [Baby Reindeer](#), which of course everyone saw. [Fallout](#) was also so good. We also just finished [Presumed Innocent](#), which was incredible," she says. "Oh, and we loved [Severance](#)."

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Jeff Bezos and Lauren Sanchez in Croatia in August 2024. PHOTO: IMAGO/TONCI PLAZIBAT / AVALON

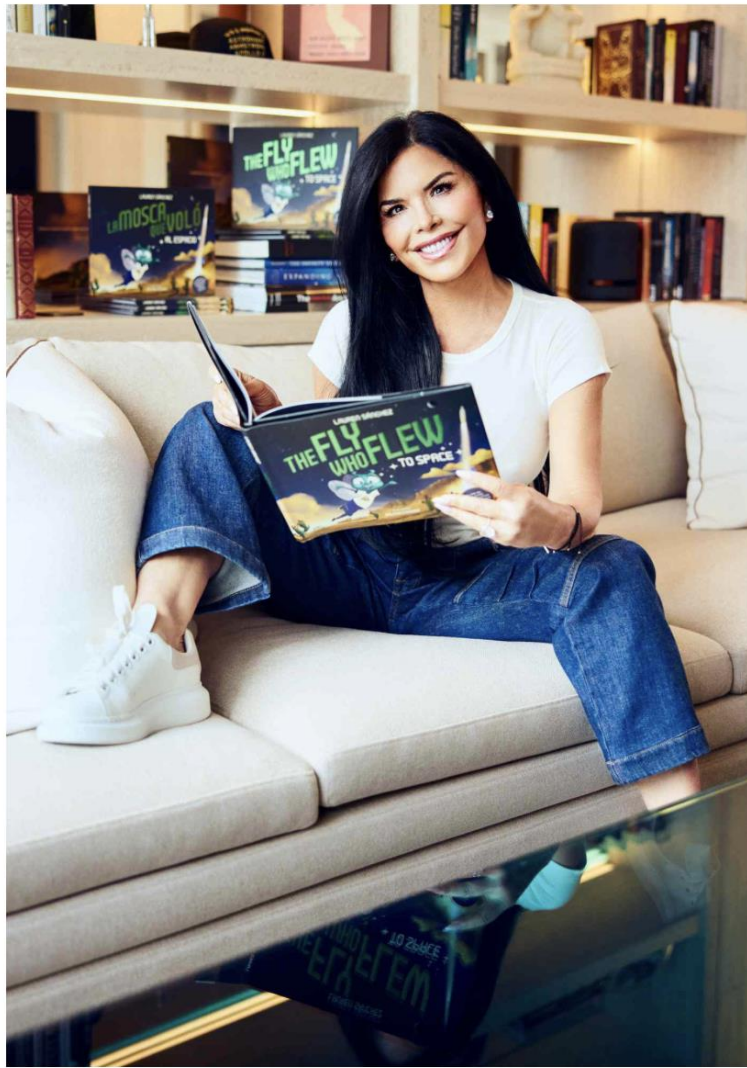
In the upcoming few weeks, their nightly ritual will have to be put on hold as Sánchez embarks on a book tour in support of *The Fly Who Flew to Space* — a project that was several years in the making.

"I'm so thrilled my kids get to see me do this because they encouraged me to write this for years and I finally made it happen," says the mom of three, who shares Nikko Gonzales, 23, with retired football player Tony Gonzales, and two teenage children, Evan and Ella, with her ex-husband, top Hollywood agent Patrick Whitesell.

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Sánchez's book follows the tale of Flynn, a fly who struggles in school but still wants to chase her dreams of becoming an astronaut. One day while exploring the rocket company down the road in West Texas, she flies onto a rocket that takes off with her on board and ends up on the adventure of a lifetime.

"One of the themes is that everyone learns differently, and even if school is hard, it doesn't mean that you're not going to be able to chase your dreams," Sánchez [told PEOPLE](#) when she first revealed the cover of her book.



Lauren Sánchez. PHOTO: NICOLAS GERARDIN

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Sánchez has been candid about her own struggle with dyslexia, and how the world opened up for her once she was properly diagnosed in college and able to navigate it and learn “how to learn.”

“That’s really kind of the moral of the story,” she says of her book. “It’s okay, if you’re a little different, you’re going to be okay. This world is going to eventually take care of you if you just stay curious.”