Sure. Laravel Auth is a set of features that make it easy to add authentication to your Laravel application. It provides a number of features, including:

- Registration: Users can register for an account on your application.
- Login: Users can log in to their account on your application.
- Forgot Password: Users can reset their password if they forget it.
- Confirmation: Users must confirm their email address before they can log in.
- Remember Me: Users can choose to be remembered so they don't have to log in every time they visit your application.

Laravel Auth is easy to use. To get started, you will need to:

1. Install the Laravel Auth package:

Code snippet

```
composer require laravel/ui
```

2. Run the following command to generate the authentication scaffolding:

Code snippet

```
php artisan ui vue --auth
```

3. Migrate the database:

Code snippet

```
php artisan migrate
```

4. Configure the authentication in the `config/auth.php` file.
5. Add the following routes to the `routes/web.php` file:

Code snippet

```
Route::get('/login', 'Auth\LoginController@showLoginForm');
Route::post('/login', 'Auth\LoginController@login');
```

```
Route::get('/register', 'Auth\RegisterController@showRegistrationForm');
Route::post('/register', 'Auth\RegisterController@register');
Route::get('/forgot-password',
'Auth\ForgotPasswordController@showForgotPasswordForm');
Route::post('/forgot-password',
'Auth\ForgotPasswordController@sendResetLinkEmail');
Route::get('/reset-password/{token}',
'Auth\ResetPasswordController@showResetPasswordForm');
Route::post('/reset-password', 'Auth\ResetPasswordController@reset');
```

6. Visit the `/login` route in your browser to see the login form.

You can now register, login, and reset passwords for users on your application.

Sources
1. https://github.com/Devsann/metest
2. https://github.com/dashajin/dsjblog