

Full Bio:

Brenda Yoder is a national speaker, author, Licensed Mental Health Counselor, school counselor, and award winning teacher whose passion is encouraging others when life doesn't fit the storybook image. Authentic and humorous, Brenda connects with women and moms in a way that will have you laughing and crying all at the same time.



Her book *Fledge: Launching Your Kids Without Losing Your Mind* is a personal handbook for parents in the season of raising and releasing kids and was Amazon's #1 new release in motherhood. Brenda's been featured in *Guideposts* and *Chicken Soup for the Soul* books, the *Washington Post*, and *For Every Mom*. Her first book for busy moms, *Balance, Busyness, and Not Doing It All* released in 2015. Brenda is the cohost of the *Midlife Mom* podcast, the Midlife Mom Facebook community, is a mom-mentor of the Moms Together Facebook community, and writes for FortheFamily.org.

Brenda's ministry and podcast, *Life Beyond the Picket Fence*, is found at brendayoder.com where she writes about faith, life, and family beyond the storybook image. Brenda is a wife and mom of four children, ranging from teens to adults, grandma to one, and lives on a farm in Indiana. You can connect with Brenda on [Twitter](#), [Facebook](#), [Pinterest](#), and [Instagram](#).

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