

Brenda L. Yoder is a Licensed Mental Health Counselor, elementary school counselor, speaker, former teacher, and author of *Uncomplicated: Simple Secrets for a Compelling Life*; *Fledge: Launching Your Kids Without Losing Your Mind*; and *Balance, Busyness, and Not Doing It All*. She has been featured in Guideposts *Mornings with Jesus* devotionals; *Chicken Soup for the Soul* books and *The Washington Post*. She hosts the *Midlife Moms* and *Life Beyond the Picket Fence* podcasts and the Midlife Moms Facebook Group. Brenda twice won the Touchstone Award for teachers.



Brenda is a former History teacher and lover of antiques, gardens, front porch rockers, and her grandkids. She and her husband, Ron, raised four children on their family dairy farm in northern Indiana, where they currently raise Bernese Mountain dogs, goats, chickens, and cattle and host an Airbnb. They love camping and visiting their grandchildren and adult children throughout the country. She loves gardening, decorating, and having good conversations over coffee. You can connect with Brenda on Instagram or at [brendayoder.com](http://brendayoder.com), where she writes about life, faith, and family beyond the storybook image.