

Uncomplicated



SIMPLE SECRETS FOR A COMPELLING LIFE

Brenda L. Yoder, LMHC

If you feel trapped in a chaotic, relentless, demanding lifestyle, there is a way to a more peaceful life. Brenda L. Yoder, a counselor, career woman, and busy mom who's raised her kids on a farm in the heart of Amish country reveals practical skills in *Uncomplicated: Simple Secrets for a Compelling Life*, a well of timeless wisdom from the Amish, homestead lifestyles, as well as past generations



Timeless Wisdom for a simpler life

Yoder equips readers of *Uncomplicated* with 10 timeless virtues, mindsets, and behaviors drawn from past generations to overcome practical obstacles and solve daily challenges with a calm presence, authentic faith, and a voice of reason.

**“Brenda L. Yoder
has written the
book we all need to
read as we navigate
this complex, fast-
moving world.”**

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Brenda L. Yoder

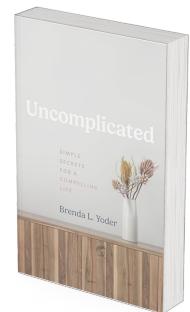
Brenda L. Yoder, LMHC, is a counselor, speaker, author, and educator. She is the author of *Uncomplicated: Simple Secrets for a Compelling Life*; and *Fledge: Launching Your Kids without Losing Your Mind*.

She's the cohost of the Midlife Moms Podcast and Facebook community. She also hosts and writes the *Life Beyond the Picket Fence* podcast and blog, covering a variety of topics on faith, life, and family beyond the storybook image.



Brenda writes for Guideposts' *Mornings with Jesus*, and has been featured in:

- The Washington Post
- Publisher's Weekly
- Chicken Soup for the Soul
- Every Woman's Bible
- For the Family
- For Every Mom



As a teacher, Brenda twice received the Touchstone Award for teachers. Brenda is currently a part-time elementary counselor and therapist in private practice. She and her husband, Ron, are parents to four adult children and two daughters-in-law and grandparents to three grandsons with whom they love creating new memories. Brenda and Ron live on a farm in Shipshewana, Indiana, where she loves gardening and spending evenings sitting on her front porch rocker.

To schedule an interview with Brenda Yoder, contact LeAnn Hamby at 540-908-3941 or LeAnnH@mennomedia.org

Uncomplicated: Simple Secrets for a Compelling Life
978-1-5138-1302-8
Releases March 19, 2024
\$19.99 USD Paperback
208 pages
Herald Press

Potential Interview Questions or Talking Points for Brenda L. Yoder

- What inspired you to write *Uncomplicated*? What need do you see that it could address in people's lives?
- How does your counseling background influence the advice you share in the book? What insight does it provide?
- The introduction gives us a glimpse into your life on a farm in Amish country. How has living in that environment shaped you? What lessons have you learned?
- What are some of the "secrets" to living a grounded, purposeful life amidst chaos and change?
- How do you incorporate Scripture throughout these life skills and virtues?
- You share stories of ordinary women with compelling lives and what you admire about them. What lessons do their lives provide?
- How can busy modern readers apply these timeless lessons to overcome challenges and stress in daily life?
- Why do you think simplicity and returning to the basics provide a compelling life today?
- You mention valuing "folk knowledge" – the practical wisdom gained through life experience. Can you share more about why this type of knowledge is essential today?
- Each chapter has four reflection questions on people who have influenced the reader's life and how their life lessons can inspire or influence others. It also has "Simple Steps" for specific actions to live out the chapter's virtue.



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What people are saying about **Uncomplicated: Simple Secrets for a Compelling Life** and Brenda L. Yoder

This book is full of the kind of hard-earned wisdom that's gleaned from women who have come before us. If you're looking for direction on how to live a meaningful, uncomplicated, and vibrant life, this is your book.

Jill Savage, host of the *No More Perfect* podcast and the author of *No More Perfect Mom*

If you sometimes wish you could let go of the frenzied, urgent, exhausting way you live your life, don't miss Brenda L. Yoder's captivating book.

Carol Kent, author of *He Holds My Hand* and *When I Lay My Isaac Down*

With practical advice, strong biblical context, and the authenticity she's known for, Brenda L. Yoder provides the perfect resource for weary women.

Erica Wiggernhorn, author of *Unexplainable Jesus* and *Letting God Be Enough*

Uncomplicated empowers women to embrace simplicity, contentment, resourcefulness, and flexibility with practical tools.

Michelle Niertert, MA, LPC-S, author of *Make Up Your Mind* and *Loved and Cherished*

Connect with Brenda

Website: brendayoder.com

Instagram: [@brendayoderspeaks](https://www.instagram.com/brendayoderspeaks)

Facebook: [@brendayoderspeaker](https://www.facebook.com/brendayoderspeaker)

TikTok: [brendalyoder](https://www.tiktok.com/@brendalyoder)

[Life Beyond the Picket Fence Podcast](#)

[Midlife Moms Podcast](#)

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