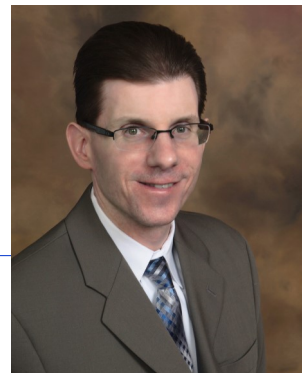


ABOUT THE AUTHOR

Brian Vondruska



Full Bio

Brian Vondruska is the founder and author of thekindofparentyouare.com, a website for parents to help their children, and themselves, become their best. Brian is a regular parent who started asking big questions—like what is the best possible life, and how can a parent equip their child to attain it—and then writing out the answers.

One of the answers he found is that children don't need parents to control them. Children need parents who can control themselves. To help his children grow, Brian realized that he needed to continually develop. He was disappointed in the lack of resources focusing on parental self-development. Now he creates those resources.

In addition to his website, he is the author of the book, *The Optimal Life Experience*. This book describes what it means to live a completely fulfilled life, and uncovers the way to creating it. His forthcoming follow-up book, *The Kind of Parent You Are*, applies those findings to parenting.

Brian is also a twenty-year veteran of the chemical industry. He has served in various functions such as research and development, marketing, and business process, where he honed approaches that he now applies to writing. Brian lives in Aurora, Ohio with his wife and two children.

Short Bio

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