

BOOKS BY

Brian Vondruska



THE
OPTIMAL
LIFE EXPERIENCE

WHAT IT IS, WHY IT MATTERS,
AND HOW TO MAXIMIZE WELL-BEING

BRIAN VONDRUSKA

Title: The Optimal Life Experience:

What It Is, Why It Matters, and How to Maximize Well-Being

Publisher: Aurora Park Publishing

Date of Publication: September 26, 2017

Retail Price: \$14.95 US (Paperback); \$8.99 US (E-book)

ISBN: 978-0-9987511-0-8 (Paperback); 978-0-9987511-1-5 (E-book)

Pages: 230

Full Writeup

Path to Fulfilling Life Derived – The steps to the optimal life experience have been uncovered. Brian Vondruska, the founder and author of www.thekindofparentyouare.com, has published a book that derives out those steps. It is titled *The Optimal Life Experience: What It Is, Why It Matters, and How to Maximize Well-Being*.

Vondruska asserts that each of us can make an optimal life experience. Unfortunately, there has not been a satisfactory description for what that is, nor has there been a clear path for how to do it. Combining ancient thought with modern research, *The Optimal Life Experience* uses rigorous analysis and sharp logic to deduce them both. Without giving too much away, we will report that attaining the optimal life experience is a four-step path that includes the ancient notion of virtue as one of the steps.

The book mines the fields of psychology, philosophy, and economics to create a coherent picture of the general human condition. Readers will gain a deep understanding of how people operate at a very basic level. Originally conceived as a foundation for Vondruska's follow-up book, *The Kind of Parent You Are*, this book grew to be broad enough to be a foundation for virtually anything. It can help parents improve the way they parent, teachers improve the way they teach, or friends improve the way they relate.

If you have influence or responsibility over others, *The Optimal Life Experience* can provide a foundation for you to maximize your impact. This book offers general insights that you can use to create a personally tailored path to completely fulfilled human potential.

Short Writeup

The path to the optimal life experience is uncovered in Brian Vondruska's book, *The Optimal Life Experience*. Vondruska combines ancient thought with modern research to deduce what it means to live well and how to do it. He is also the founder and author of www.thekindofparentyouare.com. The concepts in his book *The Optimal Life Experience* can help you improve others' lives, and your own in the process.



Title: The Kind of Parent You Are:

Becoming Your Best Person So Your Children May Become Their Best Adults

Publisher: Aurora Park Publishing

Scheduled Date of Publication: June 2018

Retail Price: \$16.95 US (Paperback); \$9.95 US (E-book)

ISBN: 978-0-9987511-3-9 (Paperback); 978-0-9987511-4-6 (E-book)

Pages: 346



Full Writeup

Becoming a Parent? Now is the Best Time to Redefine Your Life – Becoming a parent is more than a big change that just happens to you. It is an opportunity to make it a change that is right for you.

“Effective parenting requires a plan,” says Brian Vondruska, author of the forthcoming book, *The Kind of Parent You Are*. “You need to have a purpose, a sense of where you are going, and some goals to get you there,” Vondruska continues. “Lining those things out requires you to take stock of your beliefs and values. It results in priorities being shifted and behaviors being changed. For most parents, it turns out to be a big life transformation.”

The Kind of Parent You Are walks parents through that process. It features Vondruska’s own parenting plan, and is full of prompts to help readers create their own. The follow up work to *The Optimal Life Experience*, this book is loaded with advice for helping children create their best possible adult lives, while improving parents’ lives in the process.

Short Writeup

Help is finally here for new and expectant parents. In his forthcoming book, *The Kind of Parent You Are*, Brian Vondruska guides parents through the process of redefining their lives. The follow up work to *The Optimal Life Experience*, this book is loaded with advice for helping children create their best possible adult lives, while improving parents’ lives in the process.



Title: The Kind of Parent You Are Journal

Publisher: Aurora Park Publishing

Scheduled Date of Publication: June 2018

Retail Price: \$8.95 US (Black & white); \$17.95 US (Color)

ISBN: 978-0-9987511-5-3 (Black & white); 978-0-9987511-6-0 (Color)

Pages: 120



This companion to the book, *The Kind of Parent You Are*, picks up where the reflection exercises in *The Kind of Parent You Are* leave off. Daily and monthly templates are included for tracking and monitoring progress against your objectives. The names of the months are entered by the journal user, so that you can begin at any time of the year.

Contact

brian@thekindofparentyouare.com

@brianvondruska on twitter

(216) 272-1135

