

REVIEWS AND MEDIA REACTIONS

Brian Vondruska



Appearances

The Emotion Machine podcast, Ep. 3

September 20, 2017

Discussion about parenting approaches, psychological theories, self-development, and more.

Typical Daddy podcast, Ep. 12

August 28, 2017

Hosts Hector and Sergio talk to Brian about the challenges of parenthood.

The Dad Experience podcast, Ep. 8

June 29, 2017

Hosts Adam and Matt talk to Brian about parenting.

Book Reviews for *The Kind of Parent You Are*

"Exceptionally well written, organized and presented... should be considered mandatory reading by everyone expecting a child..."

– **Midwest Book Review**

"The Kind of Parent You Are is a gem worthy of any hopeful, expectant, new, or even seasoned parent's shelf."

– **San Francisco Book Review**

"This perceptive and well-researched guide will be useful to readers hoping to clarify their parenting goals and raise emotionally healthy children."

– **Book Life**

Endorsements

On *The Optimal Life Experience* book:

"An engaging and original synthesis."

– **Richard M. Ryan, Ph.D.**, co-developer of Self-Determination Theory.

"I find the ideas in this book to be very important..."

– **John H. Riker, Ph.D.**, Professor of Philosophy at Colorado College, and author of *Exploring the Life of the Soul*.

"Easy to read and wonderful to digest."

– **Dr. Shefali Tsabary**, Clinical Psychologist and NYT bestselling author

On *The Kind of Parent You Are* book:

"This book is the perfect combination of best parenting research practices and listening to that powerful voice within every parent..."

– **Karen Deerwester, Ed.S.**, author of *The Entitlement-Free Child*.

Articles

Encouraging Dads website

Making the Time (July 2017)

Making time for what is important.

<http://www.encouragingdads.com/2017/07/making-the-time/>

