Aneta Spendzharova was born in Bulgaria in 1980. She was lucky enough to witness Bulgaria's rocky transition to democracy and market economy, including the food shortages, the electricity outages, and the 1997 financial crisis. For better or worse, unlike her parents and grandparents, Aneta grew up having access to the free Western media such as Radio Free Europe, BBC, and MTV :) and became interested in politics.

In 2002, Aneta got her B.A. in Political Science-International Relations from the American University in Bulgaria. In the fall of 2002, she came to UNC-Chapel Hill to study democratization with Dr. Milada Anna Vachudova. Aneta's major focus is Comparative Politics, and she also completed a minor in Methods. Currently, Aneta is working on her Ph.D. dissertation, which examines the development of the rule of law in Hungary and Bulgaria after 1989.