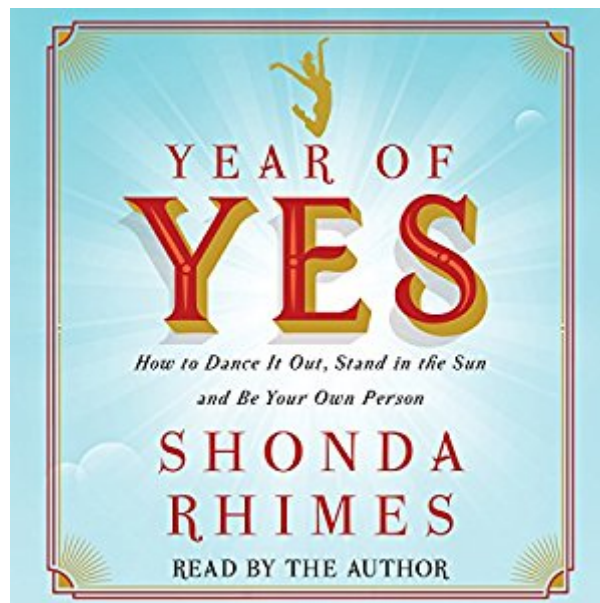




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# Year Of Yes: How To Dance It Out, Stand In The Sun And Be Your Own Person



## Synopsis

The megatalented creator of Grey's Anatomy and Scandal and executive producer of How to Get Away with Murder chronicles how saying yes for one year changed her life - and how it can change yours, too. With three hit shows on television and three children at home, the ubertalented Shonda Rhimes had lots of good reasons to say no when an unexpected invitation arrived. Hollywood party? No. Speaking engagement? No. Media appearances? No. And there was the side benefit of saying no for an introvert like Shonda: nothing new to fear. Then Shonda's sister laid down a challenge: Just for one year, try to say yes to the unexpected invitations that come your way. Shonda reluctantly agreed - and the result was nothing short of transformative. In Year of Yes, Shonda Rhimes chronicles the powerful impact saying yes had on every aspect of her life - and how we can all change our lives with one little word. Yes.

## Book Information

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## Customer Reviews

I don't really stalk Shonda Rhimes (although I will break traffic laws to get home in time to live tweet Scandal every Thursday night), but when Shonda speaks I do tend to listen. so I was hot on downloading this book the day it was released. And this is a praiseworthy, life affirming, sister-centric, love filled, thank you Jesus!, Where-has-this-book-been-all-of-my-life kind of read. So why is Shonda the unstoppable, irrepressible Queen of all she surveys? Let me count the ways:1) First off, unlike a lot of authors, she did not pre-seed with preselected reviewers hitting up all 5 stars and offering formulaic praise. When I signed on this morning there were 3 reviews versus the 20-30

replicant reviews you often see when a new book is released. Why? Because she doesn't need forced praise. The book is good. Very good. And like Shonda herself, it doesn't need fabricated self promotion but can stand on it's own merits.<sup>2</sup>) She's funny. Like laughing out loud in public funny. Like people changing seats on the bus because you're smiling and snickering to yourself funny. Like spitting up coffee and pastry on the Kindle screen funny. You get the point.<sup>3</sup>) In addition to being funny, she's pitch perfect in her capacity to convey authenticity, vulnerability, and confidence all within the same paragraph.<sup>4</sup>) She's also wicked smart and genuinely compassionate. Sadly those two traits sometimes don't travel in pairs.<sup>5</sup>) Her year of living fearlessly by fully stepping into her life and saying YES inspires because it shows that even a Shonda Rhimes can suffer from the "Who Me?" disease that afflicts so many women. Granted, Shonda needed to say yes to things like hanging out with the Obama's or being honored as a Human Rights Boss, but she brilliantly shows that despite the loftiness of her life, like many of us she too struggled with stepping into her well earned right to "stand in the sun" without fear or apology.<sup>6</sup>) And like a good and righteous Queen, she shares the glow. She has done more than any other TV writer in history to celebrate, and as she says normalize, ALL human experiences by merely allowing people of all orientations, races, and ethnicities to BE and To do and say human things on television. Radical inclusiveness...what a concept. I could go on, but really just read the book. Worth every duckett.

I have never watched a Shonda Rhimes show but I had heard so many great things about this book and when it went on sale I decided to give it a shot. This book for me was amazing! Yes Shonda is unapologetic about her accomplishments and her suburban upbringing. She never tries to downplay her brilliance or her fortune. What she does do is let us know that in spite of all of these things, she is still a woman finding her way after experiencing a first of it's kind success. Finding her way from behind the scenes to the forefront in HollyWeird. After one no turned into another and another, she loses herself. And after having an ephiphany with her sister, she decides to go on a journey to say yes for an entire year to everything that scared her. This was Shonda's year of yes and it was the most transformative year of her life. I could identify with this book a LOT even tho our lives are nowhere near similar. I hate that I don't watch her shows because I didn't get a lot of her analogies to her shows. I'm glad I read this book and for me it was very empowering. YES it was.

Let me start by saying I have never in my life written a review, and now my first one is going to be crazy long. My daughter started me binge watching Grey's Anatomy on Netflix a few months ago. I had never seen it before and I started with Season 2 because that's what she was on. Not only do I

think the show is awesome, but it has been like therapy. For the last few years my mother, who was incredibly intelligent and eccentric, had been dealing with an inoperable aneurysm, dementia and a TBJ. The person I grew up with was gone and that was devastating. On top of which I could not care for her the way she did for me which was even more devastating. It's a horrible time in my life where I also realized who my real friends are. The way Shonda Rhimes depicted Meredith and how she dealt with her mother's Alzheimer's helped me more than any book or support group. She showed me that my feelings were valid - even though at times they were nostalgic and loving and at other times they were awful. I then became completely addicted to Grey's and continued to watch. One of the reasons I binge watch Netflix is that I'm tired of the news media and seeing all the bad and wrong in the world. I'm tired of people not accepting others just the way they are. That's not how I was brought up. And the more I watched, the more I realized again that I wasn't alone. I LOVE the way this show depicts people of all different nationalities, races, sexual preference, etc. as NORMAL. It's so absolutely refreshing. All that being said - I already was beginning to think Shonda is my "spirit animal" - lol!!! I don't know her at all, but already I'm feeling closer to her than a lot of my friends. So I decided to go on and see if she ever wrote anything, and lo and behold I found Year of Yes. All I can say is Wow!!! From saying out loud "wtf" to her eye twitching to putting phrases on things I have done all my life like "pushing it down and putting food on it" - I have never been able to relate more to someone. This is the BEST book - I highly recommend everyone read it, especially women!! I absorbed it in the course of 2 days, and can honestly say that the book and what Shonda writes has already changed me for the better. She validates the scared, angry, confused feelings we all have, and our tendencies as women to not step out of the box. Shonda Rhimes - you are truly an inspiration and someday I hope I have the honor of actually meeting you in person, but for now I am just going to say Thank You from the very bottom of my heart for the shows you have created to this book. You have helped a stranger realize her own strength and self worth more than you will ever know!

I wanted to love this book since I admire Shondra Rhimes a lot. For me this book will not be memorable, too many redundancies and just not enough substance. Obviously, Shondra is a great script writer, although I don't follow any of her shows; I have friends that live for Scandal, How to get away with Murder, etc. Very disappointed with this book. Maybe I'll try to finish it, since I paid for it. :(

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