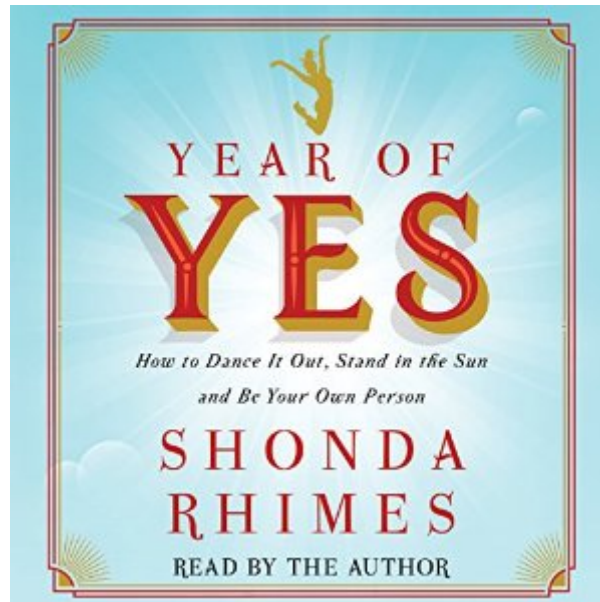


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# Year Of Yes: How To Dance It Out, Stand In The Sun And Be Your Own Person



## 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 ducket.

Year of Yes, is a must read for so many reasons. Shonda shares her journey with such humor, vulnerability and authenticity that you feel like you were with her for this incredible ride she took as she challenged herself to be more, do more, and live a full life. For anyone who's given in to fear, or gotten a little too comfortable (aka all of us), read this.

Shonda Rhimes has an impressive career and a unique life by anyone's measure but seems to leave little actual skin in the game in this memoir. She writes a book that is largely about allowing herself to be vulnerable and trying to be true to herself, but deftly shares very little of her true self with the reader. We learn little about her professional ascension, little about her profound choice to become a single mother through adoption and gestational surrogacy, and even less about her decision to remain single. Rhimes certainly has every right to maintain privacy, but the final product feels somewhat hollow because she doesn't seem to share much of herself, despite the conversational, confessional girl-talk voice she adopts in an attempt to disguise how little she actually reveals. In summary, Rhimes is an innately awesome 'badass' who was born to a badass non-aging 'Benjamin Button' brilliant family who just needed to learn to woman-up and accept all of

those pesky awards invites and accolades on her journey of personal growth (all speeches given during this time of immense personal growth and navel-gazing are reprinted for your edification, thank goodness.) She needed to realize how smoking hot she looked in that Carolina Herrera dress and just own it, you know? She needed to use her team of 'Ride or Die' friends (about whom we learn very little because this is all about Shonda, people) to help her rise from the ashes, ditch the weight, and live her new glamorous life with swagger and, as she says, 'badassery.' If you would like to revel in the shining light of Shonda Rhimes' general badassery for a couple of hours, then this book is for you! But if you're looking for an authentic voice and genuine candor you may leave this book feeling vaguely dissatisfied, like you just ate a kale salad when you really wanted the veal, as Shonda might say.

Dear Shonda, Undeniably you are a superb writer; yet, there is so much I wanted to know about your struggles and triumphs that I was disappointed because you held back. Ultimately, the book became an Ode to Shonda and her accomplishments. I purchased your book to learn about your insecurities and how you conquered them. I wanted to know how you faced food temptation when you were losing weight, what motivated you to exercise, how you faced the problem of loose skin after the weight loss (any surgeries?). Instead, I read about the outfits you purchased, the famous people you met, the fabulous events you attended; but where is the real Shonda in all of that glamour you so beautifully described. The chapter about "I just don't want to be married," failed to be insightful. The best chapter you offered was on motherhood. That topic you hit it right on the nail which made me think there is much depth to your personality that you chose not to reveal in this book. If there is a next book, please dig deeper, reveal more, let us discover the real Shonda Rhimes. Sincerely, A Fan

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