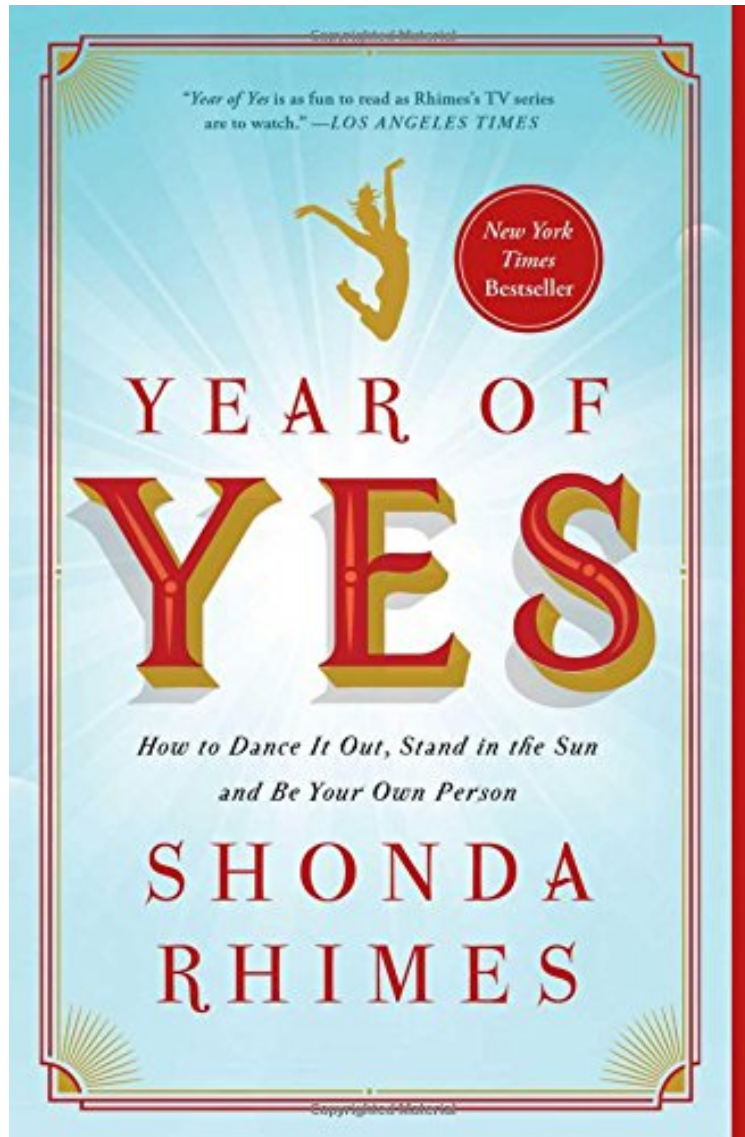


[Download] Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person

## Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person

Shonda Rhimes

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**Shonda Rhimes : Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person** before purchasing it in order to gage whether or not it would be worth my time, and all praised Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person:

305 of 330 people found the following review helpful. Why Shonda Rhimes is the Queen of all she surveys...By BookLoverI 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.2) 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.3) In addition to being funny, she's pitch perfect in her capacity to convey authenticity, vulnerability, and confidence all within the same paragraph.4) She's also wicked smart and genuinely compassionate. Sadly those two traits sometimes don't travel in pairs.5) 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.6) 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.0 of 0 people found the following review helpful. Great look behind the scenesBy CoverDesignStudioI admit, the only show of Shonda Rhimes I ever followed was Grey's Anatomy--and I didn't even keep up with it. Nonetheless, this book is excellent. The author tells her story in an honest and insightful way. It was wonderful to read about the actual life of a woman with this kind of success and job demands. She doesn't pretend to be "doing it all" and readily admits here greatest fears (like going on Jimmy Kimmel) and where she hires help to fill in the gaps (housekeepers and nannies). She is a rare and unusual talent. Thank you Shonda for sharing your story with us.2 of 2 people found the following review helpful. AWESOME READ YOU WON'T BE DISAPPOINTEDBy CustomerLet me start by saying i'm a huge Shonda Rhimes fan, I watch all of her shows religiously. I was skeptical about the book based on the size when I received it. This is a prime example of "you should never judge a book by it's cover." If you're looking for a book for inspiration this is it. Sound gives you insight on her life and overcoming the obstacles to get to where she wanted to be in life. I hope she writes another book in the future I would definitely purchase it. I may have finished this book in less than a week, if you're on the fence about buying this book BUY IT!

The instant New York Times bestseller from the creator of Greys Anatomy and Scandal and executive producer of How to Get Away With Murder shares how saying YES changed her life. As fun to read as Rhimes TV series are to watch (Los Angeles Times).Shes the creator and producer of some of the most groundbreaking and audacious shows on television today. Her iconic characters live boldly and speak their minds. So who would suspect that Shonda Rhimes is an introvert? That she hired a publicist so she could avoid public appearances? That she suffered panic attacks before media interviews? With three children at home and three hit television shows, it was easy for Shonda to say she was simply too busy. But in truth, she was also afraid. And then, over Thanksgiving dinner, her sister muttered something that was both a wake up and a call to arms: You never say yes to anything. Shonda knew she had to embrace the challenge: for one year, she would say YES to everything that scared her. This poignant, intimate, and hilarious memoir explores Shondas life before her Year of Yesfrom her nerdy, book-loving childhood to her devotion to creating television characters who reflected the world she saw around her. The book chronicles her life after her Year of Yes had begunwhen Shonda forced herself out of the house and onto the stage; when she learned to explore, empower, applaud, and love her truest self. Yes. Honest, raw, and revelatory (The Washington Post), this wildly candid and compulsively readable book reveals how the mega talented Shonda Rhimes finally achieved badassery worthy of a Shondaland character. Best of all, she can help motivate even the most determined homebody to get out and try something new (Chicago Tribune).

.com An Best Book of November 2015: I usually shy away from books with titles like Year of Yes hokey, I think, or glib. Besides, I dont need a self-help manual; I like to take my self-empowerment lying down, on the couch. Except except that Rhimes, the creator/producer of such intelligent TV shows as Greys Anatomy and Scandal is not only wiser, funnier, and cooler than your average therapist shes also been there, if there is the land of the angry, scared and emotionally dysfunctional. Never mind that she graduated from Dartmouth, is a proud and loving mother to her three kids, AND owns Thursday night TV, Rhimes was a mess until her sister made a chance remark at Thanksgiving You never say Yes to anything. Thats when Rhimes decided not only to face her fears but to hug the life out of them. (OK, so some of her fears involve wearing a Carolina Herrera dress, gorgeous shoes and showing up at a star-studded benefit but hey, fears is fears.) Rhimes found that saying Yes sometimes, paradoxically, also meant saying no, too as

in, and this is my version, Yes, I want to be a thin person. No I dont want to eat a whole pecan pie in one sitting because Im more lonely than hungry. She also discovered that self-acceptance doesnt always go smoothly: as she pithily observes, sometimes the people who loved you when you were angry, dark and twisty dont like to hang around when you lighten up. So what, she says. At least youve figured out how to live more or less happily ever after -- with yourself. Sara Nelson Rhimes is, unsurprisingly, a fantastic memoirist: Her writing is conversational and witty and lyrical, inflected with the supple human breathiness you might expect from a person who spends her days writing dialogue. It features lots of great punchlinesIt features occasional, chatty, second-person asides[It] is also in many ways a side-door self-help book[with] pieces of advice that concern not just Rhimes readers, but everyone. Year of Yes is a book about the shifts taking place in Hollywood right now, and in the world right now, in the guise of a friendly memoir. It is, like Shondaland itself, making a statement. It is insisting that it is time for the people who used to be invisible to come forward and be seen. Atlantic.com Revealing and delightful. New York Daily News Theres real value in the experiences Rhimes shares When, for example, she discusses learning to take better care of herself, the memoir feels honest, raw and revelatory. The Washington Post A sincere and inspiring account of saying yes to life Rhimes tells us all about it in the speedy, smart style of her much-loved TV shows. She's warm, eminently relatable, and funny Like a cashmere shawl you pack just in case, Year of Yes is well worth the purse space, and it would make an equally great gift. Rhimes said "yes" to sharing her insights . Following her may not land you on the cover of a magazine, but you'll be glad you did. Kirkus If you enjoy the rapid-fire dialogue of her characters, reading this book will feel like home. Rhimes opens up, and inspires, discussing her personal experiences as a sister, daughter, mother, friend and boss tempered with biting insights on societal expectations of women[a] blend of biography and badassery. Ebony.com Rhimes guides the reader through her transformative yearlong experiment, each chapter dealing with a different personal challenge for herself, and she lets us deep inside her brain, carefully laying out all of her fears and self-doubt candid and friendly, almost as if the two of you were catching up over drinks. Slate.com A mix of humor and conversational real talk written with dashes of Oprah-esque inspiration but the no-B.S. frankness of, say, Dr. Cristina Yang from Grey's Anatomy Even if Rhimes's fame and career don't make her an everywoman, she writes with an everywomanly sensibility her words brim with such life that by the end of the book, some readers may find themselves wanting to say yes to more things, too. TV Insider.com Rhimes' familiar, conversational writing style makes the book a more accessible Lean In, a self-help book and personal journal all rolled into one. TV Guide.com Small, charmingly odd, inspirational stories Quite simply, it's a book about how she learned to take care of herself, and how you might be able to as well. Welcome your new life coach, Shonda Rhimes. Vulture A self-help book dressed in casual clothes, lessons for living a better life told through relatable personal essays from the woman who set out to, in the course of a year, make her own better Theres an uncanny familiarity to the journey Rhimes goes on Never do you feel preached at while reading Rhimes book. This woman of huge fame and fortune is speaking directly to you, and shes doing it with familiarity, humor, and earned wisdom Year of Yes is an awakening as much as it is a reckoning. Recognize the power of what youve been doing. Do more of it. Daily Beast "Its like having a mini-Shonda in your head, encouraging you to go for it. And say its handled." The Skimm (Skimm Reads pick) Shamelessly entertaining an antic, funny and surprisingly funky portrait of what its like to be one of the most fascinating forces in contemporary network television. Buffalo News (Editor's Choice ) This memoir/call to arms from the one-woman force behind Greys Anatomy, Scandal, and How to Get Away With Murder is basically a New Years resolution between two covers. Wherever youre going, bring it with you. Bloomberg Businessweek Amazing The title alone is giving us heart eyes Life is full of opportunities and chances that weve cant even imagine. Thats the core message of empowerment in Shondas new book, and were behind it one-hundred percent. ALL OF THE YES to Year of Yes. Hello Giggles Instead of writing passionate narratives for her TV characters, Rhimes adopted their pluck and bold attitudes and attacked life with a new sense of purpose Who knew that such a small word could have such a life-changing impact? By saying yes, she learned to dance it out and stand in the sun. Dr. Cristina Yang would be so proud. Associated Press Year of Yes is as fun to read as Rhimes' TV series are to watch. Her authorial voice is fresh and strong. "Los Angeles Times Can help motivate even the most determined homebody to get out and try something new in the New Year. Chicago Tribune A book that is fun, dishy and inspirational all at the same time a powerful book, a great gift for a friend or yourself, whether youre a fan of the Shondaland lineup or not. Motherlode/NYTimes.com Brilliant a peek into Rhimes' wise, funny, surprisingly candid brain, which contains opinions on everything from accepting compliments and balancing showrunning with single motherhood to, yes, the recent weight loss that's been (unfairly) making the most headlines. By the end of journey in The Year of Yes, you'll feel like you've gained a new best friend. Women Hollywood/ Indiewire.com Youll want to standup and cheer when she takes control, remakes her life, and learns to love herself. BuzzFeed.com About the Author Shonda Rhimes is the critically acclaimed and award-winning creator and executive producer of the hit television series Greys Anatomy, Private Practice, and Scandal and the executive producer of How to Get Away With Murder. Her writing credits also include Princess Diaries 2: A Royal Engagement, Crossroads, and Introducing Dorothy Dandridge. Rhimes holds a BA from Dartmouth College in English Literature with Creative Writing and received her MFA from the USC School of Cinema-Television, where she was awarded the prestigious Gary Rosenberg Writing Fellowship. Rhimes was born and raised outside of Chicago, Illinois, and now runs her production

company, Shondaland, from Los Angeles, where she lives with her three daughters. She is the author of *Year of Yes* and *The Year of Yes Journal*.