



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

*Shonda Rhimes*

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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.



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