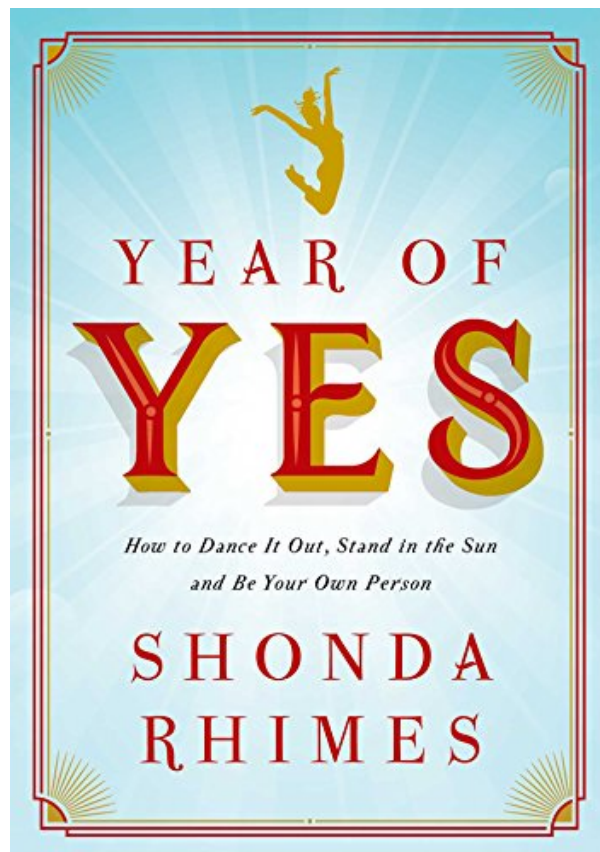
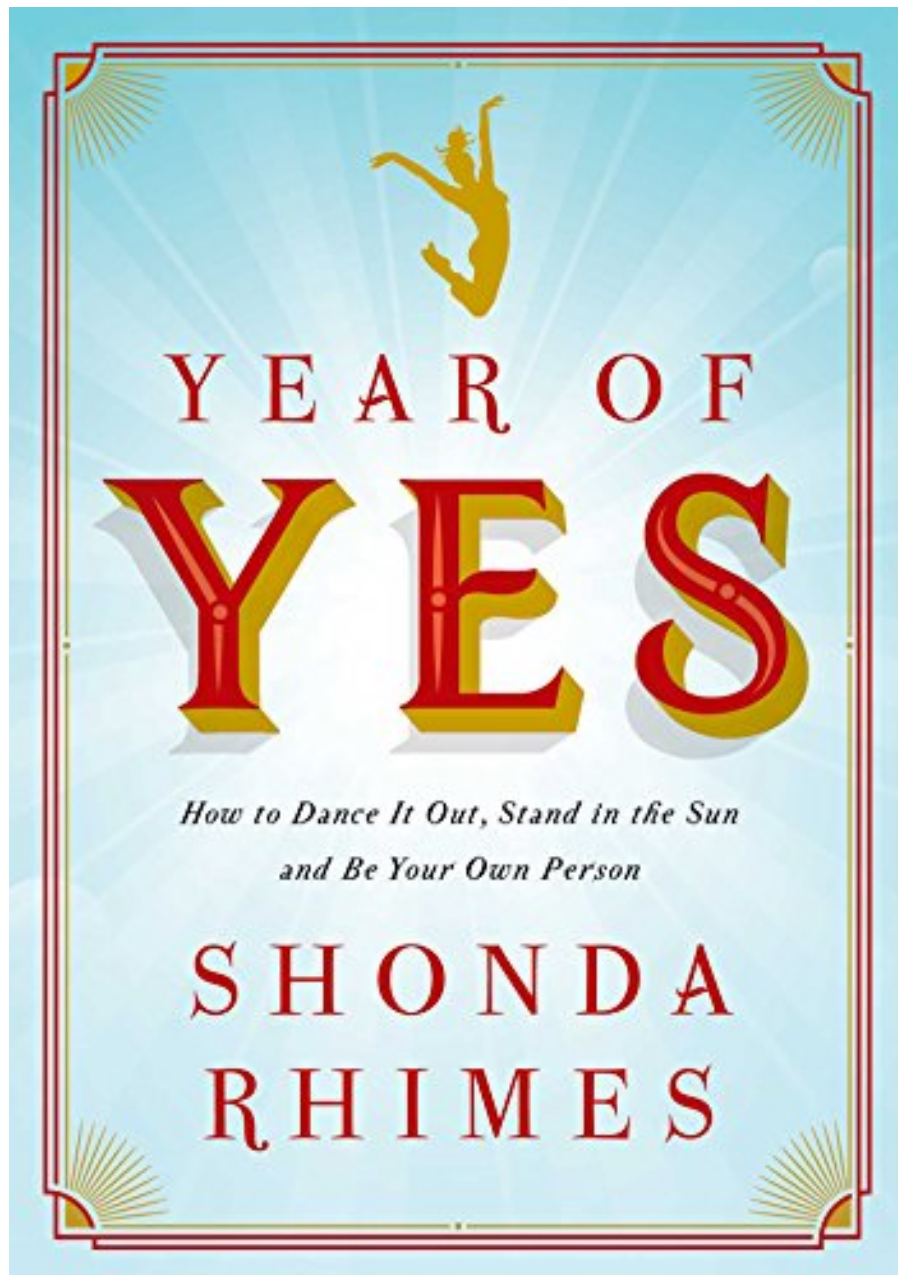


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PERSON BY SHONDA RHIMES**



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In this poignant, hilarious and deeply intimate call to arms, Hollywood's most powerful woman, the mega-talented creator of Grey's Anatomy and Scandal and executive producer of How to Get Away with Murder, reveals how saying YES changed her life - and how it can change yours too. With three hit shows on television and three children at home, Shonda Rhimes had lots of good reasons to say no when invitations arrived. Hollywood party? No. Speaking engagement? No. Media appearances? No. And to an introvert like Shonda, who describes herself as 'hugging the walls' at social events and experiencing panic attacks before press interviews, there was a particular benefit to saying no: nothing new to fear. Then came Thanksgiving 2013, when Shonda's sister Delorse muttered six little words at her: You never say yes to anything. Profound, impassioned and laugh-out-loud funny, in Year of Yes Shonda Rhimes reveals how saying YES changed - and saved - her life. And inspires readers everywhere to change their own lives with one little word: Yes.

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- Dimensions: 5.28" h x .94" w x 7.83" l, .0 pounds
- Binding: Paperback
- 352 pages

## Features

- SIMON & SCHUSTER

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## Most helpful customer reviews

271 of 295 people found the following review helpful.

Why Shonda Rhimes is the Queen of all she surveys...

By BookLover

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 Amazon 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 Amazon 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 duckett.

13 of 13 people found the following review helpful.

I love all of Shonda Rhimes's shows

By amazonshopper19384

I love all of Shonda Rhimes's shows, but her book was pretty bad. Not funny, or inspiring. Mostly just a

recount of how great she thinks she is. A very boring read- stick to her TV shows and don't bother with this book.

6 of 6 people found the following review helpful.

Not Very Good

By Katie

Eh, no. I don't think I really understood or received the message of this book. It felt like I was reading a long, unorganized, rambling monologue. There wasn't really any place for thought or conversation. If I could go back in time and not buy this book, I would do just that. It was a waste of time to read and an even bigger waste of money.

[See all 1104 customer reviews...](#)

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—Women & Hollywood/ Indiewire.com

“You’ll want to standup and cheer when she takes control, remakes her life, and learns to loveherself.”

—Buzzfeed.com

#### About the Author

Shonda Rhimes is the critically acclaimed and award-winning Creator and Executive Producer of the hit television series Grey's Anatomy, Private Practice, 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.

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