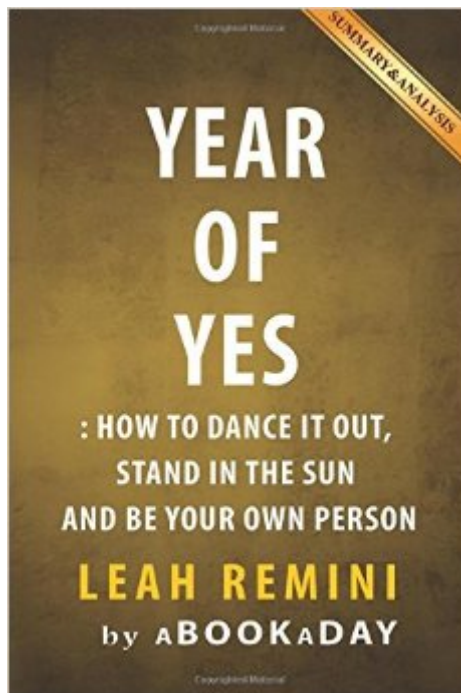


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# Year Of Yes: How To Dance It Out, Stand In The Sun And Be Your Own Person By Shonda Rhimes | Summary & Analysis



## Synopsis

**Warning:** This is an independent addition to *Year of Yes*, meant to enhance your experience of the original book. If you have not yet bought the original copy, make sure to purchase it before buying this unofficial summary from aBookaDay.

**OVERVIEW** This review of *Year of Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person* by Shonda Rhimes provides a chapter by chapter detailed summary followed by an analysis and critique of the strengths and weaknesses of the book. The main theme explored in the book is how to step outside of one's comfort zone and grow as a human being by learning to say yes to every situation, even the scary ones. Through anecdotes from her "Year of Yes," Shonda Rhimes discovers aspects about herself and her life that were hidden behind her natural proclivity to say no to new experiences. By experimenting with saying yes, she discovers the type of person she can be and learns how to balance career and family in a way that truly makes her happy. The main thrust of this work is to take her experiences from her "Year of Yes" experiment and show the reader that it is possible to step outside of what you are comfortable with and find a bigger sense of self. She discusses how she is inspired to begin this experiment as a means to find happiness in her own success, and how it quickly grows into finding strength and a stronger sense of her own voice in all aspects of her life. The greatest draw of this book, however, lies in the voice of the writer herself. Shonda Rhimes is famous for having such a distinct, funny, and open writing voice, which is the keystone to the success of her shows *Grey's Anatomy*, *Private Practice*, *Scandal*, and *How to Get Away With Murder*. Throughout the novel, her writing voice shines through, making it truly feel as if she is speaking directly to the reader, like a best friend sharing their secrets. Interspersed through the novel are some of the speeches she makes publicly during her "Year of Yes" that relate to different lessons she has learned. These speeches help ground what the writer is discussing throughout the novel in a specific time and place. By including these speeches, as well as anecdotes from interviews, her television shows, and personal experiences, the author is able to demonstrate the truly remarkable effect the "Year of Yes" experiment has on her personal growth as a human being. Shonda Rhimes is the creative mind behind the Shondaland production company. She is the writer, creator, and executive producer of the critically acclaimed television shows *Grey's Anatomy*, *Private Practice*, *Scandal*, and *How to Get Away With Murder*. She was born and raised in Chicago, Illinois, as the youngest of six children. She studied at Dartmouth College, receiving a Bachelor's degree in English and film studies and later obtained her master's degree for Fine Arts at the University of Southern California. Shonda Rhimes has been included twice in *TIME* magazine's "The 100 Most Influential People" list as well as *Fortune* magazine's "50

Most Powerful Women in Business.™ Her shows have been nominated for several Emmy awards and she has been the recipient of a multitude of others, ranging from the NAACP Image award to the GLAAD Golden Gate Award. She currently resides in Los Angeles, California, with her three children. Available on PC, Mac, smart phone, tablet or Kindle device. © 2015 All Rights Reserved

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## Customer Reviews

The paperback book is a fraudulent copy. This is in no way a book by Shonda Rhimes.

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