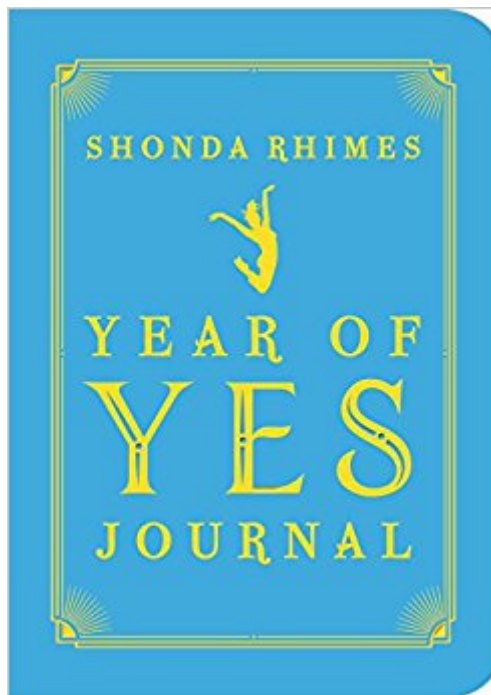


The book was found

# The Year Of Yes Journal



## Synopsis

A beautiful, illustrated, aspirational companion journal to Shonda Rhimes's New York Times bestselling memoir *Year of Yes*. In her mega-hit book *Year of Yes*, Shonda Rhimes transformed her life by saying one small word: YES. Now, in the perfect complement to that instant New York Times bestseller, *The Year of Yes Journal* allows you to chronicle your own Year of Yes. The journal is broken out month by month, day by day, with each month highlighting a theme ("Yes to Doing," "Yes to Help," "Yes to Who I Am"). Daily, you can track what you say YES to and keep notes about how that decision has made a unique impact; monthly, you will find journaling prompts for reflection around that specific theme. With a check-in section at the six-month mark, as well as at year end, and encouragement from Shonda along the way, you will have ample opportunity to track how YES has transformed your daily life. This inspirational and aspirational journal is bound with a beautiful, gold foil-stamped blue case. With memorable aphorisms from *Year of Yes* placed throughout and gorgeously illustrated, this stunning journal is a must-have keepsake that brings a bit more YES to your life.

## Book Information

Paperback: 464 pages

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Product Dimensions: 5.5 x 1.2 x 8.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 12 customer reviews

Best Sellers Rank: #81,526 in Books (See Top 100 in Books) #78 in Books > Self-Help > Journal Writing #1250 in Books > Self-Help > Motivational #1950 in Books > Self-Help > Personal Transformation

## Customer Reviews

Shonda Rhimes is the critically acclaimed and award-winning creator and executive producer of the hit television series *Grey's 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.

Excellent journal that also feels great in your hands. Not just another journal. This is a fresh, creative way to optimize your time and energy while finding joy, peace, beauty and balance in your everyday life.

Excellent book. Just the inspiration I needed as I embark on a year of changes, personally, professionally and spiritually.

The pages are pre-set for your responses each day. Not what I was expecting. Good quality.

Awesome, Awesome, Awesome!

Very sturdy cover. It can be wiped clean and I think it will survive a lot of wear. Great companion piece to "Year of Yes".

I just want to complete the whole journal in one day. Perfect for 2017 a new beginning a new me. Also bought one for a gift.

I am journaling my Year of Yes.

Love it! User friendly and beautiful!

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