

NEW YORK TIMES BEST-SELLING AUTHOR OF
MADE TO CRAVE AND *UNGLUED*

LYSA TERKEURST

the Best yes



JOIN LYSA TERKEURST

as she uses her signature mix of transparency, Scripture-laced insight, and “been there” humor to suggest usable strategies for making wise decisions day by day. If you find yourself spending a lot of time figuring out when to say yes and when to say no, thinking about how to manage your time, reduce stress, and do your best for your family while still finding a little time for yourself, then this study is for you.



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