



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

ILYSA TIERKIEURST

*the
Best
yes*



MAKING WISE DECISIONS IN THE
MIDST OF ENDLESS DEMANDS



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. Lysa TerKeurst found herself in that same situation until she learned the power of "the best yes"—the choice that shapes all of our other choices. Join Lysa as she teaches you how to:

- Cure the "disease to please" with a biblical understanding of the command to love.
- Escape the shame and guilt of disappointing others by learning the secret of the small no.
- Overcome the agony of hard choices by embracing a wisdom-based decision-making process.
- Rise above the rush of endless demands and discover your Best Yes today.



THOMAS
NELSON