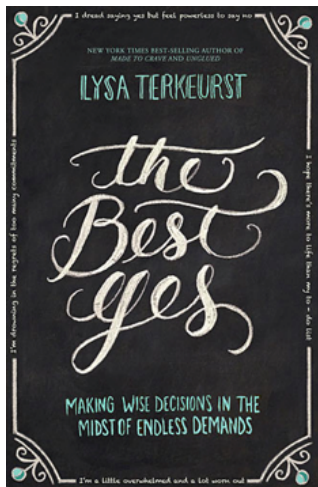


Are you confusing the command to love with the disease to please?

Lysa TerKeurst, New York Times Bestselling Author of *Unglued & Made to Crave*, will release new book *The Best Yes* in August

The Best Yes helps bring perspective to women who live with the stress of an overwhelmed schedule and ache with the sadness of an underwhelmed soul.



On August 12, New York Times Bestselling author Lysa TerKeurst will release *The Best Yes: Making Wise Decisions in the Midst of Endless Demands*.

TerKeurst is the president of Proverbs 31 Ministries and a national speaker. Proverbs 31, a non-profit ministry based out of Charlotte, North Carolina, reaches 700,000 women through a daily devotional with Christ-centered teachings.

In Spring of 2013, TerKeurst sat down with one hundred women from across the country ranging from early twenties to retirement. She asked them their deepest needs and desires, challenging them to name the real struggles they face in striving to live well and follow Jesus. The answer that surfaced over and over: feeling overwhelmed and empty in not knowing how to make wise decisions in the midst of endless demands. As Lysa listened to them she thought, “me too.”

Since Lysa writes from the vantage point of her own weaknesses, she knew this was the next issue to tackle. She wanted to research what God has to say about things like people-pleasing and having schedules that keep us running at a break-neck pace. And thus, *The Best Yes* was born.

In *The Best Yes*, readers will learn how to:

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

With her signature mix of transparency, Biblical insight, and “been there” humor, TerKeurst empowers the reader with practical strategies for using the two most powerful words: yes and no.

The Best Yes pairs a no-pretense practicality with a feminine beauty. The back of the book houses a section entitled “Things I Don’t Want You to Forget” that lists key points and lessons from the text. The pages’ everyday type-set is intermingled with lovely calligraphy that draws in the female eye.

The Best Yes
Making Wise Decisions
in the Midst of Endless Demands
 BY LYSA TERKEURST
AUGUST 12, 2014
 From Thomas Nelson

Author interviews, excerpts,
 and images are available.

The Best Yes Bible study curriculum
 that complements the trade book will
 be available in September.

Trade paperback ISBN:
 9781400205851
 E-Book Download ISBN: 9781400205868
 Both Formats MSRP: \$15.99
 5 1/2" x 8 3/8", 240 pp.
 BISAC: CHRISTIAN LIFE /
 RELIGION / WOMENS ISSUES

The Best Yes is:

- A timeless guidebook for women who want to offer concrete and Biblical wisdom to their friends and daughters in the decision-making process.
- An honest signpost for all women wrestling with the tension of wanting to be everything to everyone.
- A practical guide for moms wanting to pursue God-given ministry opportunities while also protecting space for home and relationships.
- A perfect gift for graduating college students about to journey into “real life” and face the decisions associated with adulthood.

Consider...

- The pressures upon women to always say “yes” and play Wonder Woman.
- The way the media glorifies females who “do it all.”
- The confusion between saying “yes” to others and saying “yes” to God.
- The guilt and fear associated with having to say “no.”
- The freedom in acknowledging that there is no “perfect” decision.
- “Yes” and “no” are the two most powerful words we have.



Lysa TerKeurst

is the New York Times bestselling author of *Made to Crave* and *Unglued*. She isn't shy about admitting what a mess she can be. But in the midst of everyday “growth opportunities,” she's been learning God's lessons and sharing them on her blog (www.LysaTerKeurst.com) and in her books. Lysa is president of Proverbs 31 Ministries and writes from her sticky farm table in North Carolina where she lives with her husband, Art, five kids, three dogs, and a mouse that refuses to leave her kitchen.

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