

# You Can Have It ALL Just Not All At Once!



FOR IMMEDIATE RELEASE

## Best-selling Author and CEO Sherri Elliott-Yearly Says, You Can Have It All, Just Not All At Once!

**Dallas, TX**—Best-selling author and CEO of the human resource consulting firm Optimance Workforce Strategies, Sherri Elliott-Yearly, offers readers a thought-provoking departure from the typical approach to “having it all” in her new book, *You Can Have It All, Just Not All At Once!* (Brown Books Publishing Group).

Through a series of one-on-one interviews with thirty-five courageous and powerful women from all walks of life, Elliott-Yearly reveals inspirational stories which are sometimes painful, often hilarious, and always honest. *You Can Have It All* sends an encouraging message to all women, reminding them that they can live with uncompromising integrity and find balance and joy in their lives. Readers will learn how to use the power of engagement to achieve big things and attain the life they desire.

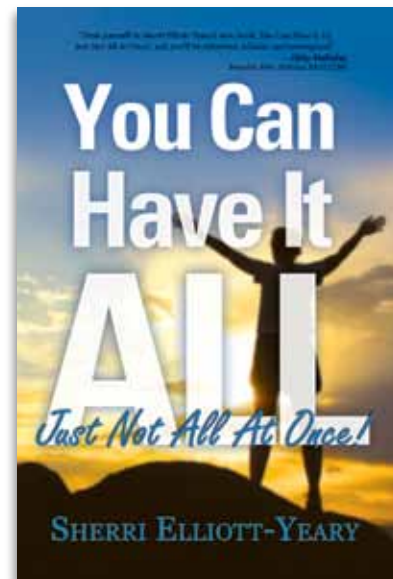
Ebby Halliday, founder of Ebby Halliday, REALTORS, says, “Treat yourself to Sherri Elliott-Yearly’s new book, and you’ll be refreshed, relaxed, and reenergized.” Texas legislator Jodie Laubenberg adds, “Sherri captures the soul of women.”

Elliott-Yearly credits her favorite poem, “The Invitation” by Oriah Mountain Dream, as the driving force that challenged her to strive for a greater life and the song “Coming Home” from the movie *Country Strong*, starring Gwyneth Paltrow, as the inspiration that gave her the confidence to share her innermost personal story with others.

*You Can Have It All* will make you laugh, make you cry, and make you reflect on the importance of living life to the fullest. Elliott-Yearly has dedicated her book to the women who are purposely choosing to live an authentic and powerful life while trying to have it all.

To learn more visit: [www.RealWomenHavingItAll.com](http://www.RealWomenHavingItAll.com) and [www.GenerationalGuru.com](http://www.GenerationalGuru.com). Books are available online and at bookstores. A portion of proceeds from each book sold will benefit the Komen Foundation for Research.

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TITLE: YOU CAN HAVE IT ALL, JUST NOT ALL AT ONCE!  
AUTHOR: SHERRI ELLIOTT-YEARLY  
CATEGORY: SELF HELP / PERSONAL GROWTH  
ISBN: 978-1-61254-048-1 | \$25.95 | [WWW.REALWOMENHAVINGITALL.COM](http://WWW.REALWOMENHAVINGITALL.COM)

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## About the Author

### Sherri Elliott-Yearly



**B**est-selling author Sherri Elliott-Yearly is an internationally recognized expert in the field of generational differences and personal transformation. Sherri's previous book, *Ties to Tattoos: Turning Generational Differences into a Competitive Advantage*, earned her the title of the Generational Guru.

Sherri was raised by a single mother in Canada, and she overcame poverty to become an internationally recognized speaker, author, and coach. She holds university degrees in human resource management, and accounting and risk management, as well as a designation as a senior professional human resources professional (SPHR). She is a lifelong believer in self-improvement and continuing education.

Sherri is CEO of the human resource consulting firm Optinance Workforce Strategies, where she shares her innovative success strategies and expertise in generational differences and other workforce issues. Sherri educates employers on how to bridge generational and gender gaps to help managers and employees work more harmoniously and productively together to achieve a competitive advantage in the marketplace.

Sherri's journey to success began at age twelve, when she was adopted by the Ford family; they made her feel loved and worthy. She discovered that she had the internal fire and desire to achieve uncommon success in her life. She shares that fire and desire with others as a teacher, mentor, and coach, helping women and executives learn how to achieve the life they desire.

Sherri is committed to being known as a woman of God who walks the walk that Jesus has laid out for every one of us. Her mission is to "move, touch, and inspire others to lead a fully authentic life." In addition to lecturing at conferences and to groups across the United States and Canada, Sherri personally leads "You Can Have It All" retreats and workshops, which are profound, two-day, life-changing experiences that inspire self-love and emotional freedom.

Her websites, [www.GenerationalGuru.com](http://www.GenerationalGuru.com) and [www.RealWomenHavingItAll.com](http://www.RealWomenHavingItAll.com), attract thousands of visitors each month who are committed to producing extraordinary results through her numerous teleconferences, community calls, newsletters, and videos.

Sherri and her husband, Dr. Mason Yearly, are the parents of three Millennial-aged daughters and make their home in Plano with Coco, their chocolate Havanese.



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## Q & A

### with Sherri Elliott-Yearly



#### **What inspired you to write *You Can Have It All, Just Not All At Once*?**

I lost my dear friend Denise Vadala to breast cancer last July. Prior to passing away, Denise told me, “I am too young to die. I have so much more to give to the world. My boys are off to college and it is time for Tom and me to spend time together enjoying our next phase.” Denise displayed courage and kindness toward everyone else while she was sick, and when I was in her presence she made me want to be a better woman, wife, mother, and friend.

I authored my new book in memory of Denise. I wanted to share with other women that it is not too late to evaluate what “having it all” means to you personally and chase that dream!

#### **You interviewed thirty-five women who were willing to share their individual stories of where they started, what they have overcome, and how they became the women they are today. Does one story in particular stand out?**

We had over forty women offer to share their personal stories and use their full names, which is very powerful and a courageous thing to do when you are publicly sharing your innermost self. Ultimately each story was weaved into the book’s format and we chose thirty-five of the stories. And, in an effort to share with women what my own moments of grace have been, my husband, Dr. Mason Yearly, was included as a contributor. Mason has been by my side through the loss of Denise and my decision to author this book; he is my number-one supporter. As a woman who has been married before, I used to say I had a bad “picker,” but with Mason I was blessed to find my soul mate.

The story that stands out most for me is by Cindy Colangelo. She is battling stage IV metastatic breast cancer, and her positive attitude and the courage she displays make me grateful to know her and be part of her journey to raise awareness for breast cancer survivors. I lovingly call Cindy my “cancer conqueror.” Cindy and I are part of CC’s Sisters and seventeen of us will walk this November in the Susan G. Komen event here in Dallas. I believe so strongly in Cindy’s message—each day we are given the opportunity to discover our new “norm”—that we are publicly speaking to organizations as a team.



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**I heard that a certain song inspired you as you wrote this book. What was it and why did it have such an impact on you?**

As I reviewed the amazing stories submitted by each of the contributors, I recognized that the place many of us are searching for is right within our internal, true “home.” It is not a place or location, but rather a place inside ourselves that we create, where we feel most at home. I had been searching for this place all of my life until now.

When I was twelve years old, the Ford family took me into their home and raised me as their own due to the difficulties my mom had as a single parent of four kids. It is amazing to me that a couple in their mid-fifties with grown children would take in a troubled twelve-year-old girl and give her a chance to change her life.

When I listen to the song “Coming Home,” performed by Gwyneth Paltrow in the movie *Country Strong*, I am reminded that inside all of us is a safe place where we are strong and our inner light shines the brightest. Without the love and acceptance of the Ford family, I would not be the woman I am today; my inner light would not be as bright.

**How did you find the strength to rise and overcome your own personal struggles?**

I came from a broken home where I was abused, and I learned at a young age that if I was going to live a better life I needed to work for it—that is what I have done. I consider myself a lifetime student and am thankful for the gifts and strength God has given me to overcome my personal struggles and to live my life fully and powerfully every day.

Life is too short to live in the past, but it is important to understand and learn from it if you are going to change it. My favorite motivational saying (which I have on my office wall) is: “Faith is the daring of the soul to go further than it can see.” That is my goal and prayer every day when I open my eyes.

**Your daughter has had a great impact on your life. Can you elaborate?**

I was nineteen years old when Khirsten was born and I could not believe how perfect and wonderful she was—I know all parents believe that but I felt that God gave her to me as a gift.

When I discovered Khirsten was addicted to crystal meth while away at her first year of college, I was devastated. I did what any parent would in today’s society: I threw money, attention, counseling, etc. at the problem—but nothing worked. I finally had to learn to let her go and trust that God was watching over her, and when she hit bottom I would be there waiting for her with open arms. The journey Khirsten and I had together during those trying years strengthened our bond and friendship. Today I am proud to share that she has been clean for over five years, and I am even more proud to be her mom.

**What would you tell a young woman graduating from college to expect, and how would you tell her she can accomplish anything she wants to if she sets her mind to it?**

Act as if you have already achieved your dreams. Look to God not only when you feel lost but when it is time for Him to take over. Seek good counsel from your friends, surround yourself with people who love you for all the right reasons, and discard relationships that drain you. *If you can dream it, you can achieve it!*



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### **How do you hope *You Can Have It All, Just Not All At Once!* will influence future generations?**

It is my desire that future generations will read the thirty-five stories from women who have achieved “having it all” and glean the wisdom and courage to fight for what matters to them, dream big dreams, and not allow others to limit their thinking.

I now have three daughters—all in their mid-twenties—and when I look at our girls, my wish for them is to live the life they want to live on their terms now, not when they are sixty-five. Happiness is not a destination, it is the journey—and there are a lot of amazing adventures along the way.

### **Is this book targeted only to women of faith—Christian women, for example—or will all women identify with the messages outlined in this book?**

As a woman of faith, I share how I have persevered and learned what having it all means to me, which has been accomplished by leaning on God and learning to trust in my faith. However, many women who offer their personal stories in this book do not share my faith and may have one of their own. I believe that women from various backgrounds and faiths will find a story or nugget of truth that they can connect with in this book.

### **Why did you add the contributors’ pictures to each chapter?**

I wanted the women who read the book to be able to see the person who shared their story so they are able to better connect with each woman. We are all women you might see in the grocery store, mall, or in line for a massage.

### **What is a POW Group and what motivated you to develop it?**

When I finished my last full-time consulting opportunity I had some time available and I thought to myself, *How can I share my knowledge and information with other women who are trying to “have it all”?* Then it came to me: invite your friends to a POW (Powerful Organization of Women) meeting and be a safe place for them to be who they are really meant to be, where they can be each other’s resource for support.

### **What will readers learn from your tips and tools?**

The tips and tools at the end of each chapter are a summation of what I have learned over the years that has helped me to grow and develop in both my personal and professional life. I hope these tools give the readers a glimpse of how they can have it all and live an authentic and powerful life!

### **What is the most important takeaway message from your book?**

Never give up, never surrender! You are not alone; chances are someone has had the same experience and it is OK to admit that you are not perfect at all things. We sometimes end up in a ditch and it is OK to reach up and ask for help.

There is only one person who can make you happy and that is you. Life is too short to wish you had someone else’s life. Live the life God meant you to live and leave a remarkable footprint when you are done.



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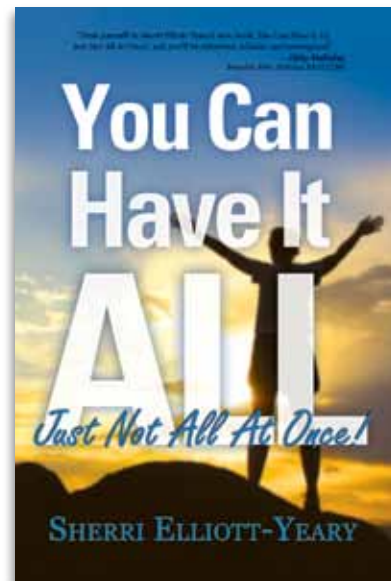
## What People Are Saying

“Treat yourself to Sherri Elliott-Yearly’s new book, *You Can Have It All, Just Not All At Once!*, and you’ll be refreshed, relaxed, and reenergized.”

—**Ebby Halliday**  
Founder, Ebby Halliday, REALTORS

“I’m glad Sherri’s book was written, and I hope all women find their balance and joy in life through these pages.”

—**Clint Haggard**  
Fifth Generation, Haggard Family Advisors



“Sherri’s new book, *You Can Have It All, Just Not All At Once!*, is a thought-provoking departure from the typical approach to ‘having it all.’ She brings a refreshing new approach to having it all: one that is within the reach of virtually everyone. Beautiful!”

—**Dr. Sherry Buffington**  
CEO, Author and International Speaker

“*You Can Have It All, Just Not All At Once!* is a refreshing balance that blends the struggles with the strengths of living a full and potent life. Understanding that desire alone does not make one move from struggle to freedom, the women who so courageously share their struggles also inspire with the ways they move on with power and grace. Sherri Elliott-Yearly provides practical information and tools that women can implement immediately, but, more importantly, these stories provide hope that even in the ordinariness of life one can be fulfilled. Just as she did for women with addictions, Sherri helps other women incorporate the HOW (honesty, openness, and willingness) essentials for recovery from anything.”

—**Brenda J. Iliff**  
Clinical Director, Caron Texas Treatment Centers

“*You Can Have It All, Just Not All At Once!* is a book about real women and the inward and outward challenges women struggle through each day just living life. Sherri captures the soul of women.”

—**Jodie Laubenberg**  
Texas State Legislator



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## What People Are Saying Continued

“I enjoyed Sherri’s new book, *You Can Have It All, Just Not All At Once!* I think women of all ages and stages of life will enjoy this refreshing read; there is insight for everyone in this book. You will glean a healthy bit of knowledge from the vignettes presented!”

—**Kimberly McMillin, MD**  
Specialist in Family Practice, Baylor Healthcare System

“Sherri has once again combined her intelligent and heartfelt insights with her personal experiences, as well as the experiences of others, to challenge us to live our lives to the optimum. This is not a book to read once and set aside, but rather to spend time with, revisit, and draw a new and fresh lesson based on where your journey has taken you since you last picked it up. This is a book to share with those dear to you.”

—**Nancy Ackley-Ruth**  
Cultural Expert, Africa and Middle East Specialist

“A thoroughly inspiring book of real women facing seemingly insurmountable struggles and how they have survived and triumphed to achieve victory. Full of great advice for all of us who will face extraordinary challenges in our personal and professional lives and can benefit from the stories and advice in this thoughtful, emotional, and enlightening book.”

—**Valerie Freeman**  
CEO, Imprimis Group, Inc.

“True success is living the life *you* want to live, to be content in your own skin, and to have the courage to overcome emotions like guilt and fear to realize your dreams. Sherry Elliott-Yearly is a woman who has achieved a wonderful balance of personal and professional success. Her latest book features women like her, who will inspire you to go for it! As my granddaughter says, ‘Girls rule!’”

—**Shivaun M. Palmer**  
Founder, Executive Producer and Host  
Women’s Broadcast Network, LLC

“Sherri’s book was a gentle but firm reminder to take stock right now of what we have in our lives and to appreciate our blessings. Her stories are insightful. Sherri’s advice is practical yet inspirational. There is a message for everyone.”

—**Jill Malouf, Esq.**  
Dealey, Zimmermann, Clark, Malouf & Gray, P.C.

“Perhaps the most astonishing aspect of this book is the realness with which the stories are conveyed. There is a lesson for all of us: living a full life not only takes tremendous courage, but also requires support from others who care. I think the best message for women is for us to stop trying to do it all by ourselves and to let others help and inspire us. This book is a great start!”

—**Dr. Alise Cortez**  
Professional/Organizational Development Consultant



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Excerpted from Chapter 7

## 7

### The Power of Yes and No

*Dr. Eileen Dowse*

**Executive Leadership Counselor and Trainer**



I've never really tried to "have it all;" instead I've done my best to "manage it all." At the start of my career, I had three children all under the age of three. This was a period in my life in which I had to decide on my priorities. How much time and energy was I going to commit to motherhood? And how much time and energy was I going to commit to my career?

Just as my career got going, my family and I moved to a different country. This provided me another opportunity to "manage it all." I had to get the family settled, find a new client base, and create a reputation in the area I worked in.

After ten successful years, our oldest son had a terrible accident; a fifty-pound tree limb fell on his head, leaving him unconscious for three days. The odds were not in his favor. Again, I was being called to make choices and be innovative in seeing the opportunities in everything around me. My life was challenging me to take a stand for what I am passionate about. Between rehab and a passion for not accepting mediocrity, our son completely recovered and continues to be successful in his career. As for



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## Excerpt Continued

me, riding out this chaos, I stayed focused and disciplined on balancing work and family and in my belief in the service I was providing to clients.

Once my life settled a bit, I recognized the need to have a PhD to help position myself in the market. I didn't have much time to devote to this, so I decided to go full throttle and accomplish the task quickly and efficiently. My hope was to have as little disruption in my life as possible. I had alerted my friends and family to what I was doing and the timeline I had created.

After twenty years since our last move, my husband (who was the president of a company) was placed in a position at work to choose between endorsing and conducting unethical, criminal behavior by the CEO or reporting the acts of treason to the FBI. He reported the crime to the FBI and was demoted; eventually he had to resign from the company. Our family received death threats, and we had to spend many hours providing witness statements to the FBI. Once again the opportunity to stand up for my values was being tested. Now, with only one wage earner (me) in the family, three kids in college, and huge financial responsibilities, it was time to rise to the occasion and not be victims of circumstance.

This twist and turn in our life led to another move, and again I was called to continue serving existing clients and build a reputation in my new location.

Just when I thought I had reached a plateau of stability, my mother began to suffer from Alzheimer's disease. This terrible disease is not for the weak of heart. I have begun to appreciate the expression "gut-wrenching," because going through that experience was like someone sticking their hand in my stomach, grabbing my guts, then twisting and pulling their hand out again.

If I was to examine how I managed it all, I would say I have a knack for redirecting my energy and thoughts to make things happen and enjoy the process while doing it. Anyone can be sad, miserable, and annoying. Who benefits from that? I am often heard saying, "Just because you have a pain doesn't mean you need to be one." I believe there is a bright spot in everything, there is a lesson to be learned, and there's an opportunity to impact another life in a positive way. We all have a chance in this life to leave a legacy. In the end, that's all we can do: leave a legacy.

Whether I am with a client, my family, or my friends, I am there in the moment. My head is not focused on the many other things going on in my life. I stay focused and disciplined to achieve my goals, while at the same time I can have a good laugh and see the humor in the chaos that pops up when you least expect it.

What are my strategies for saying yes and no? I keep life simple. I don't accumulate "stuff" because then I will have to manage "stuff." Instead I value those precious moments and times I have with people. I am grateful and appreciative of everything that appears in my life. Everything that comes my way is an opportunity, and I get to choose how I want to approach it.



# You Can Have It ALL Just Not All At Once!



Excerpted from Chapter 10

## 10

Better or Bitter—The Choice is Yours!

*Niesha Alexander*

**Virtual Assistant and Jewelry Designer**

“The obstacles of your past can become the gateways that lead to new beginnings.”

—Ralph Blum



Like many, I had my entire life perfectly mapped out: graduate from college, invest, save, purchase a home, get married, have kids, travel, retire, and travel more; all in that perfect order. My life caved in the moment my perfect plans began to unravel. My Christian faith was shaken, my self-worth was questioned, and my future was unsure.

At nineteen, after just two years in college, I got married. A year later, I gave birth to my first child. I faced many difficult times in my marriage. Emotional, physical, spiritual, and financial abuse



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## Excerpt Continued

took their toll on me and I needed to make some changes. Four children and twelve years later, God provided a way of escape from my unhealthy marriage, which had nearly broken my spirit and destroyed my character. I call it my “Day of Freedom!”

While I do not condone divorce, I do support freedom from abusive relationships that destroy a person’s well-being and inevitably destroy who they are. In Ephesians 6:12 the Bible says, “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” I knew the freedom I sought was not from a person, but from the oppression, depression, hopelessness, and discouragement I had endured for so many years. Understanding Ephesians 6:12 helped me escape my situation without bitterness and anger.

When I began planning my departure, I connected with organizations like *The Family Place* and *Hope’s Door*. Both of these specific organizations helped me leave my unhealthy living situation. I was humbled by the amount of support I received from family, friends, and local organizations. Through the favor of God and the help of those He touched, I was able to obtain a new place of employment, new residence, vehicle, and many other resources. Essentially, I had transitioned to a new life.

Freedom began the day I realized God was in the midst of my imperfect life and that He loves me and has a plan for me, even while I’m in the process of becoming something better. I no longer wait for my “perfect plans” to unfold, nor do I let my adversities define who I am or influence how I think God views me. I know God is with me, and, most importantly, I know what He thinks of me. I am the apple of His eye *today* and He longs to be with me *today*. So when I feel like I’m twelve years behind schedule, I lift my eyes up to the hills and remember that I am exactly where I need to be. No person or mistake can change the plans that God has for me.

Today, I still face adversity but I have accomplished more goals in the last two years than I did when I was in my unhealthy marital situation with two incomes and the additional help. I have been able to redevelop my business as a jewelry designer and start my home business as a virtual assistant offering administrative assistance to small business owners on a project basis. Having this freedom has allowed me to be available to my children throughout the day. I have been able to focus on growth and healing (for myself and for my children), restore my financial history, return to school, and so much more.

Although my story is still in the developing stages, I feel tremendously blessed to have the opportunity to rebuild my life and provide my children with a safe and healthy environment.

Whatever season of life you are in, love *today*! Love yourself today; love your family today; love your friends today. Meanwhile, embrace the adversities in life, knowing that God is taking you *through* them and you are right where you need to be.



# You Can Have It ALL Just Not All At Once!



Title . . . . . You Can Have It All, Just Not All At Once!  
 Author . . . . . Sherri Elliott-Yearly

**Hardcover with Dust Jacket**

ISBN-13. . . . . 978-1-61254-048-1  
 Retail Price . . . . . \$25.95  
 Carton Pack Quantity . . . . . 24

**Paperback**

ISBN-13. . . . . 978-1-61254-083-2  
 Retail Price . . . . . \$19.95  
 Carton Pack Quantity . . . . . 36

Size. . . . . 5 ½ x 8 ½  
 Pages. . . . . 248  
 LCCN . . . . . 2012935974  
 BISAC . . . . . SELF HELP / Personal Growth / Success  
 Publication Date . . . . . June 15, 2012  
 Distribution . . . . . Ingram, Baker & Taylor  
 Publisher . . . . . Brown Books Publishing Group  
 Author Website . . . . . www.RealWomenHavingItAll.com

**Synopsis**

In her new book, best-selling author and CEO, Sherri Elliott-Yearly offers readers a thought-provoking departure from the typical approach to “having it all.” In a series of one-on-one interviews with thirty-five courageous and powerful women from all walks of life, Yearly reveals their inspirational stories, which are sometimes painful, often hilarious, and always honest. *You Can Have It All* sends an encouraging message to all women that they can live with uncompromising integrity and find balance and joy in their lives.

