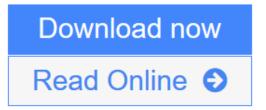


How To Overcome Rejection: The Most Effective Strategies For Dealing With Rejection, Building Confidence, And Designing The Life You Deserve (Building Confidence, Create Habits, Emotional Eating)

John Baskin



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Rejection feels crappy, there's no getting around that, and we've all experienced it before. We stand back from opportunities in front of us because of this daunting anticipation of getting rejected by a job, an attractive man or woman, a new friend. The pain overpowers the potential and we fall into a vicious spiral of dwindling self-esteem and mediocrity.

And the thing about it is that the more decisions we make, the more actions we take, the more we will get rejected. It's unavoidable unless - in the famous words of J.K. Rowling that "you live so cautiously that you might as well not have lived at all."

We Provide The Right Strategies For YOU

As difficult and terrifying as getting rejected may seem - with the **right strategy** - anybody is capable of dealing with rejection quickly and continuing to fall forward. This is the book for you.

Here Is A Preview Of What You'll Learn...

- The Reality of Rejection
- Transformation into an Opportunity
- The Two Solutions: Short-Term Relief & Long-Term Relief
- Practicing Introspection

- Knowing Yourself Using The Johari Window
- Celebrating Your Strengths
- Addressing Your Challenges
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something different to fill your free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the guide untitled How To Overcome Rejection: The Most Effective Strategies For Dealing With Rejection, Building Confidence, And Designing The Life You Deserve (Building Confidence, Create Habits, Emotional Eating) can be fine book to read. May be it might be best activity to you.

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