



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
- Designing Lifestyle
- Much, much more!

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>> YOU OWE IT TO YOURSELF TO RAISE YOUR STANDARD <

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Bruce Zimmerman:

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Janice Smith:

Precisely why? Because this 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) is an unordinary book that the inside of the guide waiting for you to snap this but latter it will jolt you with the secret it inside. Reading this book next to it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of advantages than the other book include such as help improving your expertise and your critical thinking method. So , still want to hesitate having that book? If I ended up you I will go to the publication store hurriedly.

Marian Knight:

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