



REJECTION PROOF

HOW I BEAT **FEAR**
AND BECAME **INVINCIBLE**
THROUGH **100 DAYS OF REJECTION**

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Jia Jiang

Rejection Proof: How I Beat Fear and Became Invincible Through 100 Days of Rejection



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An entertaining and inspiring account of conquering the fear of rejection, offering a completely fresh perspective on how to turn a simply no into a yes. Jia was crushed, and spiraled into a amount of deep self question. Thus was created his "100 days of rejection" experiment, where he willfully sought rejection on a daily basis--from requesting a lesson in sales from an automobile salesman (no) to requesting a airline flight attendant if he could make an announcement on the noisy speaker (yes) to his well-known request to get Krispy Kreme doughnuts in the shape of Olympic rings (yes, with a viral video to confirm it). Jia Jiang found the United States with the imagine being the next Expenses Gates. But he recognized that his fear of rejection was a larger obstacle than any single rejection would ever be, and he needed to find a method to handle being told no without letting it eliminate him. But despite early achievement in the corporate world, his first try to go after his entrepreneurial dream finished in rejection. But more important, he learned techniques for steeling himself against rejection and ways to develop his own confidence--a plan that can't be derailed by a single setback. Jia learned that actually the most preposterous wish may be granted if you ask correctly, and shares the secret of effective asking, how to pick targets, and how to tell when an initial no can be changed into something positive. Filled up with great tales and valuable insight, Rejection Proof is usually a great and thoughtful study of how to overcome dread and dare to live more boldly.



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Jia's journey is for everyone who deals with other human beings. Every encounter with another human being creates the opportunity for rejection. Worries of rejection is a barrier and violently limits us. Actually for someone like me who has been in sales for 40-years. What I learned or what was validated is definitely summarized below.

Recommendation - get the audible version. Things like asking for a burger refill or to utilize the intercom at Costco. Rejection can be hard to deliver therefore deliver it without ever belittling the rejectee. I googled the speaker and found out he had a blog, and wrote a book. Jiang has most of these grand dreams to change the globe, and he has a clever app for guarantee keeping. If you are a recluse on a deserted island, you can pass. Amazing read. Rejection is definitely individual - a human interaction with 2 sides.

9. Retreat to a "lesser yes." With tears of gratitude, many thanks, Jia Jiang. Taking a no - question why before goodbye. Giving a no - patience and respect.
3. Retreat, don't run - don't quit after a rejection. Shouldn't be utilized as the general truth or sole judgment of merit. Through a significant of experiments Jiang overcomes is usually fear of rejection and lives to tell his story. Great book. Pretty pathetic.
5. Many dread rejection and Jia's experience places it into perspective.
6. Positioning for yes - give my why. By explaining the reasoning behind the demand, it is more likely to end up being accepted.
7. Focus on I - starting with "I" can give the requestor more genuine control of the demand. Never pretend to believe in the various other person's passions without genuinely understanding them.
8. I read this reserve in about 3 times, which for my busy timetable is pretty good. Rejection says even more about the rejector than the rejectee. He feels unless he changes course in life, he will become utterly forgotten. Sustain the conversation after rejection by requesting "why." Jia's tales are fun. Find worth - repeated rejections can serve as the measuring stay for one's ideals and beliefs.
17. It truly is amazing what people can do if you only ask.
11. Offer alternatives - by offering alternatives to obtain a yes or concessions, you may make your partner a fan, actually in rejection.
12. Getting upside - motivation. Rejection can be motivations to gasoline your fire for achievement. Find mission - sometimes the most brutal rejections in lifestyle signal a new beginning and objective for the rejectee.
18. 13. Worthiness - it is sometimes great to be rejected, especially if the idea is certainly influenced by group-believe or radically creative.
14. He desires his life to have significantly more meaning to impact more folks. Finding meaning - discover empathy. All rejections are shared by many people in the globe. You can obtain empathy and knowledge of other people who have faced related rejection.
16. Become direct. By taking emotion out of rejection, you can improve your idea or item. Finding freedom - independence to ask, freedom to accept ourselves.
19. Locating power - detachment from results. Concentrate on controllable factors, not on acceptance or rejection.

Fear rejection, worth reading this. Unfortunately the majority of us do not conquer this fear of rejection and it manifests in our behaviours and dealings with others.. This book is packed with amazing insights and Jia Jiang results in as someone being totally honest, authentic and genuine. Great publication.. Jia Jiang proposes an alternate approach by taking rejection at once.

4. What I enjoyed about the reserve was going right through Jiang's various stories and illustrations and how he matched them to overcoming aspects of rejection. It all is due to our insecurity in feeling like everyone will reject us at some point. Jiang offers a simple solution in that being confident, friendly and open is the beginning. The author complains about his job for awhile and then sets off on an experience of earning bizarre requests to people to become rejected. Suffice to say this book is jam filled with many stories and examples through Jiang's journey of becoming rejection evidence! I'm still working my method through reading all 100 challenges on his blog, but the book is certainly worth

reading! What he did, didn't seem applicable for everybody. Rejection happens, don't take it personally, be tough and move on. But sadly I didn't actually make it through the entire book. Most likely the biggest reason people do not discuss rejection is because they find it better to talk about failure³. In your brain, rejection pain equals physical discomfort. Or at least not really for me personally as a person with anxiousness. While there are more than a few types of the types of rejection problems he provided himself, the book is more about why he embarked upon this adventure to begin with, how his entire perception changed during the course of his experiment, and what he discovered that he felt might help other people who also let dread maintain them from their potential. Yet something in his life. Rather than hold my mother or father accountable or keep in blame, I've proved helpful hard to be a strong, confident female. But becoming 64, possessing haunting regrets which I intellectually know are unredeemable and am weary of the emotional wrestling, I clearly noticed the thread that linked the "why" for some of my choices; I had lots of fun with that one, and the pizza was a lot more delicious than regular. I also logged onto his app for approximately weekly and did a few of the problems myself. The discomfort of REJECTION that has held me captive.² While his organization can be floundering, Jiang decides to try a 100 rejection challenge that he has began as a self-development initiative. I browse this publication in about 3 times, which for my busy schedule is very good. The more inspirational, the better. While stumbling through the search bar, I was fortunate enough to property on What I discovered from 100 times of rejection by Jai Jaing. I enjoyed it, but I needed more. Great publication. I immediately ordered the book and impatiently waited for it to reach (it wasn't obtainable through Amazon Prime, sadly). Acknowledge doubts - by admitting obvious and possible objections with your partner, one can increase the level of trust between the 2 parties.Initially, I assumed it could catalog his 100 times of rejections he orchestrated and the results, but We was mistaken. While there are lots of examples of the types of rejection problems he provided himself, the publication is even more about why he embarked upon this adventure in the first place, how his whole perception changed during his experiment, and what he learned that he felt might help other people who also let fear maintain them from their potential.I also logged onto his app for about weekly and did a few of the challenges myself. Among which entailed me obtaining a local pizza spot to make me a person pizza on wheat crust in the shape of a center. the recurring hurts by others; Avoid convoluted set-up and reasoning. This book made me want to go out and make ridiculous requests to just see what folks might say yes to. One of this rejection efforts, a Krispy Crème supervisor who agrees to create a band of donuts in the shape of the Olympic Bands goes viral.I found the book, Rejection Evidence to be insightful, funny, and endearing. At first, I assumed it could catalog his 100 days of rejections he orchestrated and the outcomes, but I was mistaken. Worth looking into as I came across it to be a good read. Five Stars amazing book!¹. Honest and genuine.. As I read further, there are so many levels most of us can relate to and his writing is peppered with humorous encounters that is so endearing, which makes even even more likeable. I will probably read this book again as there are numerous valuable takeaways I can extract. :D I think a lot of people have a fear of rejection, which made this book seem like it could become very helpful. Amazing things happen if you have nothing at all to lose². I came across the writing design to become clunky and uninteresting. We have to couple this base with rethinking the results (the upside, this is, the independence or the power or being rejected). The more inspirational, the better. This Reserve Was Unhelpful For Me I can't remember why I made a decision to read this reserve to begin with, but We did and now I have to review it.Three key takeaways from the

book:1. Hence why most people rank rejection so high as a fear Freedom Jia Jiang's reserve "Rejection Evidence" was the key that unlocked the increased loss of years held captive by dread. I'd rather learn to deal with rejection through manuscript submissions and so on. Perhaps to certain character types, or in certain situations I would, but I would have to take it on a case by case basis. I'm happy that this method worked for the author, but I cannot recommend the book to everyone. I gave this book 2 stars on Goodreads. This is one of the books I would recommend the most. I'm dependent on TED Talks. What I wanted from this book was more practical information, but what I got was a strange collection of impractical circumstances that the author claimed helped him. While stumbling through the search bar, I was fortunate enough to land on What I learned from 100 times of rejection by Jai Jaing. I treasured it, but I wanted more. You feel the moment, the stress, the fear, the tension, the launch, the laughter, and ultimately how he discovered (and we can too) to enjoy the journey. I instantly ordered the publication and impatiently waited for it to reach (it wasn't obtainable through Amazon Prime, unfortunately). Very Inspirational I'm addicted to TED Talks. I certainly related to many of the ideas he previously us ponder. Tried mainly because I might I hardly ever believed in myself; and my "deep pit" reaction to snarkiness. The idea is to talk to embarrassing questions in the hopes to getting a rejection. Great motivation This is ideal for individuals who look outside themselves for affirmation or approval. Switch up, don't quit - before deciding to give up, step back again and make the demand to a new person in a different environment or under a different circumstance. FANTASTIC! Not to mention, it tends to brighten their time and make them feel good as well. It is a great read for those who have problems going outside of your comfort zone, especially when it comes to interacting with people that you don't know. New to product sales? I googled the speaker and found out he previously a blog, and wrote a reserve. Started a fresh business? Most of us fear rejection in some way form or form and at some point in our lives. Obsessed with personal development? Collaborate, don't contend - never argue with a rejector. I actually am a lion. Right now hear me roar! Jia Jiang, is a middle-aged man experiencing a mid lifestyle crisis. He's a happily wedded with a good job and he has a youngster. the probable result of an unloving parent young that proceeds today (with lessneed pain). Focus on the target audience - by choosing a more appropriate audience, one increases the chances of being accepted¹⁰. Character building - by searching for rejection in tough environments, you can build up the mental toughness to follow greater goals¹⁵. And so, he quits his work in a marketing section and pursues his dream of starting his own organization. The business he creates is normally a Smart Mobile phone APP that recognizes when guarantees are held. Don't miss his tale and how it could impact your life if you have any dealings with additional humans at all. Instead, try to collaborate with the rejector to make the demand happen. Maybe he thought the pre-teen crowd would love this matter. I'm am finally free to rise to my potential and use God's gift that resides within me to help others dispel their haunting ghosts through hearing my tale. One of which entailed me getting a local pizza spot to make me an individual pizza on wheat crust in the shape of a heart. The individual who speaks the book draws you in. He uses a hidden surveillance camera to record his rejection attempts and articles them to his online blog. Win-win.



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