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Through 100 Days of Rejection ~~Rejection~~

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~~Proof Book Club 1 of 4 Chapters 1 3 6~~

Key Lessons from REJECTION PROOF

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By Jia Jiang ~~Becoming Irresistible~~ Rejection Proof
And Celebrating You

How to conquer the fear of rejection - Jia
Jiang - Book recommendation

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4 - Chapters 4-6 ~~Rejection Therapy Day 3~~

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~~Ask for Olympic Symbol Doughnuts.~~

~~Jackie at Krispy Kreme Delivers!~~ Jia

Jiang: Rejection Proof Book Summary 57.

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Jia Jiang A Book Review ~~How I Beat Fear~~

~~and Became Invincible Through 100 Days~~

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~~of Rejection Audiobook Full by Jia Jiang~~

Book Review: \"Rejection Proof\" by Jia Jiang (2015) SPOILER ALERT ~~Rejection Proof How I Beat~~

In this infectious positive book Jia shares what he learned in his 100 Days of Rejection, explaining how to turn a 'no' into a 'yes', and revealing how you too can

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dreams.

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perspective on how to turn a no into a yes.

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Rejection Proof is Jia Jiang's entertaining and inspiring account of conquering his fear of rejection, offering a completely new perspective on how to turn a no into a yes.

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Rejection Proof smashes fear in the face with a one-two punch. You'll laugh out loud at Jia's crazy social experiments, but you'll also go away thinking differently about what you can accomplish., Chris Guillebeau, author of The Happiness of Pursuit and The \$100 Startup

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□Retreat, Don't Run: By not giving up after the initial rejection, and instead retreating to a lesser request, one has a much higher chance of landing a yes.□ □

Jia Jiang, Rejection Proof: How I Beat

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Beat Fear and Become Invincible ONE
REJECTION AT A TIME Are you held
captive by fear? Do you wonder just what

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you could accomplish if nothing held you back? Would you like to find out? Jia Jiang's book Rejection Proof will take you on a journey past fear, through rejection, and all the way to empowered courage. Along the way you'll laugh and you'll cry as Jia shows you just how powerful you can be when you're not held back.

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~~Rejection Proof book~~ - ~~Rejection Therapy~~

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1. Rejection is human - a human

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interaction with 2 sides. Rejection says more about the rejector than the rejectee. Should never be used as the universal truth or sole judgment of merit. 2. Taking a no - ask why before goodbye. Sustain the conversation after rejection by asking "why." 3. Retreat, don't run - don't give up after a rejection.

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Rejection Proof: How I Beat Fear and
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Rejection. Hardcover □ April 14 2015. by
Jia Jiang (Author) 4.7 out of 5 stars 307
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Became Invincible through 100 Days of
Rejection audiobook written by Jia Jiang.
Narrated by Mike Chamberlain. Get
instant access to all your favorite books.
No...

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Dreams on his "100 days of rejection" experiment during which he willfully sought rejection on a daily basis, the founder of the popular blog and video series of the same name, who came to the U.S. from China with the dream of being the next Bill Gates, shares the secret of successful asking, overcoming fear and

Read Book Rejection Proof How I Beat Fear And Became Invincible daring to live more boldly.

An entertaining and inspiring account of conquering the fear of rejection, offering a completely new perspective on how to turn a no into a yes. Jia Jiang came to the United States with the dream of being the next Bill Gates. But despite early success

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in the corporate world, his first attempt to pursue his entrepreneurial dream ended in rejection. Jia was crushed, and spiraled into a period of deep self doubt. But he realized that his fear of rejection was a bigger obstacle than any single rejection would ever be, and he needed to find a way to cope with being told no without

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Letting it destroy him. Thus was born his "100 days of rejection" experiment, during which he willfully sought rejection on a daily basis--from requesting a lesson in sales from a car salesman (no) to asking a flight attendant if he could make an announcement on the loud speaker (yes) to his famous request to get Krispy Kreme

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doughnuts in the shape of Olympic rings (yes, with a viral video to prove it). Jia learned that even the most preposterous wish may be granted if you ask in the right way, and shares the secret of successful asking, how to pick targets, and how to tell when an initial no can be converted into something positive. But more important,

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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. Filled with great stories and valuable insight, Rejection Proof is a fun and thoughtful examination of how to overcome fear and dare to live more boldly.

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Rejection? It's nothing to be afraid of ...
Maybe you avoid situations where you
might be rejected. You don't apply for that
dream job. You don't ask for that pay rise.
You don't ask that person on a date. But it
doesn't have to be that way - the only thing
standing between you and your goals ... is

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you. Jia Jiang had allowed his fear of rejection to rule his life. But he decided to take radical action: he quit his job and spent 100 days deliberately seeking out scenarios where he would likely be rejected, from ordering donuts interlinked and iced like the Olympic rings to asking to pilot a light aircraft. And something

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Remarkable happened; Jia not only learned how to cope with rejection but also discovered that even the most outrageous request may be granted if you ask in the right way. In this infectiously positive book Jia shares what he learned in his 100 Days of Rejection, explaining how to turn a 'no' into a 'yes', and revealing how you

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too can become Inevitable Proof and
achieve your dreams.

Who hasn't felt the sting of rejection? It doesn't take much for your feelings to get hurt—a look or a tone of voice or certain words can set you ruminating for hours on what that person meant. An unreturned

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phone call or a disappointing setback can really throw you off your center. It's all too easy to take disappointment and rejection personally. You can learn to handle these feelings and create positive options for yourself. Don't Take It Personally! explores all forms of rejection, where it comes from, and how to

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Overcome the fear of it. Most of all, you'll learn some terrific tools for stepping back from those overwhelming feelings. You'll be able to allow space to make choices about how you respond. Understand the effect that anxiety, frustration, hurt, and anger have on your interactions with others. De-personalize your responses

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and establish safe personal boundaries that protect you from getting hurt. Practice making choices about the thoughts you think and the ways you respond to stressful situations. Understand and overcome fear of rejection in personal and work relationships. Elayne Savage explores with remarkable sensitivity the

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myriad of rejection experiences we experience with friends, co-workers, lovers, and family. Because her original ideas have inspired readers around the world, Don't Take It Personally! has been published in six languages.

#1 NEW YORK TIMES BESTSELLER □

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ONE OF TIME MAGAZINE'S 100 BEST
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extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and

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will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing

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raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." "The New York Times

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Deserves a place on the same shelf with
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Frank. USA Today DON'T MISS
BRIDGE OF CLAY, MARKUS
ZUSAK'S FIRST NOVEL SINCE THE
BOOK THIEF.

Picking up where Quiet ended, How to Be

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Beams Irwin's book is the best book you'll ever read about how to conquer social anxiety. This book is also a groundbreaking road map to finally being your true, authentic self.

Susan Cain, New York Times, USA Today and nationally bestselling author of Quiet Up to 40% of people consider themselves shy. You might say you're

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Became Inward, or that you're fine around friends but just can't speak up in a meeting or at a party. Maybe you're usually confident but have recently moved or started a new job, only to feel isolated and unsure. If you get nervous in social situations—meeting your partner's friends, public speaking, standing awkwardly in

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the elevator with your boss—you've probably been told, "Just be yourself!" But that's easier said than done—especially if you're prone to social anxiety. Weaving together cutting-edge science, concrete tips, and the compelling stories of real people who have risen above their social anxiety, Dr. Ellen Hendriksen proposes a

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groundbreaking idea: you already have everything you need to succeed in any unfamiliar social situation. As someone who lives with social anxiety, Dr. Hendriksen has devoted her career to helping her clients overcome the same obstacles she has. With familiarity, humor, and authority, Dr. Hendriksen takes the

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reader through the roots of social anxiety and why it endures, how we can rewire our brains through our behavior, and—at long last—exactly how to quiet your Inner Critic, the pesky voice that whispers, "Everyone will judge you." Using her techniques to develop confidence, think through the buzz of anxiety, and feel comfortable in

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any situation, you can finally be your true, authentic self.

'Machiavelli has a new rival, and Sun-tzu had better watch his back' - New York Times Robert Greene's laws are now famous: Law 1: Never outshine the master. Law 2: Never put too much trust in

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friends; learn how to use enemies. Law 3:
Conceal your intentions. Law 4: Always
say less than necessary. At work, in
relationships, on the street or on the 6
o'clock News: the 48 Laws apply
everywhere. For anyone with an interest in
conquest, self-defence, wealth, power or
simply being an educated spectator, The

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48 Laws of Power is one of the most useful and entertaining books ever; it 'teaches you how to cheat, dissemble, feign, fight and advance your cause in the modern world.' (Independent on Sunday). Robert Greene will teach you the distilled wisdom of the masters - illustrated through the tactics, triumphs and failures from

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Elizabeth I to Henry Kissinger on how to get to the top and stay there. Wry, ironic and clever, this is an indispensable and witty guide to power. The perfect gift book for the power-hungry (and who doesn't want power?); this is the Concise Edition of an international bestseller. From the internationally bestselling author of

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Mastery, The Art Of Seduction, and The
33 Strategies Of War.

You can be free from the effects of rejection! No one totally escapes rejection. But not everybody has to be damaged by it! Our Father has provided a means for us as His children to be delivered from the

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Find deliverance from the destructive effects of the spirit of rejection, receive love and acceptance, and finally obtain healing once-and-for-all. Best-selling author John Eckhardt addresses a common wound that everyone experiences, often

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early in life. It is the sense of being unwanted and unable to receive love from others. You will break free from manifestations of rejection such as perfectionism, fear, withdrawing from life, pride, self-reliance, people pleasing, lust, insecurity, inferiority, shame, and more. Learn to identify the spirit of rejection and

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how receiving the sacrifice of Jesus on the cross makes us accepted by God Apply spiritual strategies and renunciation prayers to overcome the spirit of rejection Be emboldened by breakthrough prayers, declarations, strong biblical parallels, and illustrations

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#1 NEW YORK TIMES BESTSELLER □

A special 20th anniversary edition of the beloved book that changed millions of lives□with a new afterword by the author
Maybe it was a grandparent, or a teacher, or a colleague. Someone older, patient and wise, who understood you when you were young and searching, helped you see the

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world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago. Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed

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became invincible colder. Wouldn't you like to see that person again, ask the bigger questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger? Mitch Albom had that second chance. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited

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with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final `class`: lessons in how to live. Tuesdays with Morrie is a magical chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.

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