



End the Tyranny of Rejection

Most people are under the illusion that you can't prevent rejection and rejection is just part of life. You can prevent 90 percent of all rejection that you think you can't prevent.

Until you are free of the fear of being rejected, you are a prisoner of other people's opinions and are under house arrest, living in fear of being publicly humiliated, and not free to be yourself.

If you don't believe you can AlwaysWin you won't and you will blame others and the world for your situation. As the first sentence of *AlwaysWin*® says, "You can AlwaysWin even if no one believes you."

No matter what you do or what you believe, someone is going to tell you "no." When you are focused and have a plan, the rejection will be more of a nuisance than anything else. You won't be held back long, if at all.

Mindy went on a job interview. She was the best-qualified candidate but was not offered the position. Her future boss was jealous of her knowledge and feared that she may have her eye on his job. Mindy is better off finding a job where she will be welcomed and where there is room for her to move up.

If you are turned down for a promotion, you can turn things around the next time by correctly evaluating the situation. Use good judgment, the best presentation, proven social skills and you will be successful.

We have been brought up to be concerned about fitting in and being accepted. You can fit in, be accepted, and live with any rejection you get. Yes you can.

Most rejection is inconsequential. When we are too concerned that we might be brushed-off we make important and subtle compromises, just to make sure we aren't. Make it more difficult for someone to say no even when she would like to. Flash a smile, say the right things, and be cooperative.

If you assume you can't prevent rejection you won't try, and will see yourself as a victim of circumstance. You can beat rejection once and for all, and be relaxed when others are a bundle of nerves.

There is no reason for you to fear rejection. When you put any rejection in context and know how to work around rejection, you will minimize any consequences.

When you are faced with a crisis, a mess, or an opportunity, the only question you have to ask is, "How can I win in this situation?"

The next time you are rejected and are upset, ask yourself why is it so terrible that a particular Rejection happened? Is it awful or merely inconvenient? Get on your feet, be hopeful, and decide on your next move. Make sure you have a positive attitude and believe that you will walk away a winner—and you will.