



End the Tyranny of Rejection and Adversity

Until you are free from the fear of rejection and adversity, you are a prisoner of other people's beliefs, practices, and opinions. You are under house arrest, living in fear of being exposed and publicly humiliated, and unable to be yourself and do what you want, could, and others are.

Most people are under the illusion that you can't stop rejection and that adversity is just part of life. You can prevent significant rejections and deal with adversities you think you can't. You can live with any rejection that you can't do anything to change.

No matter what you do or believe, someone will tell you "No." But, when you are determined, focused, and have a plan, any rejection or adversity you will get will only be another roadblock to overcome on the way to victory.

Most rejections and adversities are not that important in the big scheme of things. When we are too concerned that we might be turned down, we make important and subtle compromises to ensure we aren't many unnecessary, even self-destructive.

Prevent unnecessary rejection and adversity by making it more difficult for someone to say no to you even when she wants to. Use your emotional intelligence, flash a smile, act appropriately and be cooperative.

If you assume you can't prevent rejection and adversity; you won't try, will see

yourself as a victim of circumstance, and will blame others in the world for your situation. You can beat rejection once and for all and be relaxed when others are a bundle of nerves and feel hopeless.

The next time your ideas are rejected and you are upset, ask yourself why it is so terrible that things didn't work out. Is it awful or merely disappointing, or inconvenient?

When you are told no and can't stop the rejection or adversity, remain hopeful, and figure out a way to maximize your chances of reducing the impact or even benefit from the rejection or obstacle. Then you will be okay or ahead of where you were before.

Mindy went on a job interview. She was the best-qualified candidate but was not offered the position. She believes that the man who would be her future boss was concerned that she might be too ambitious and have her eye on his job. Mindy is better off looking for a position where her determination would be welcomed and rewarded.

In short, there is no reason to fear rejection and obstacles when you put things in perspective. When you know how to work around a rejection, you can minimize any negative consequences that others believe they can't do anything about.

**"You can AlwaysWin
even if no one believes you."**