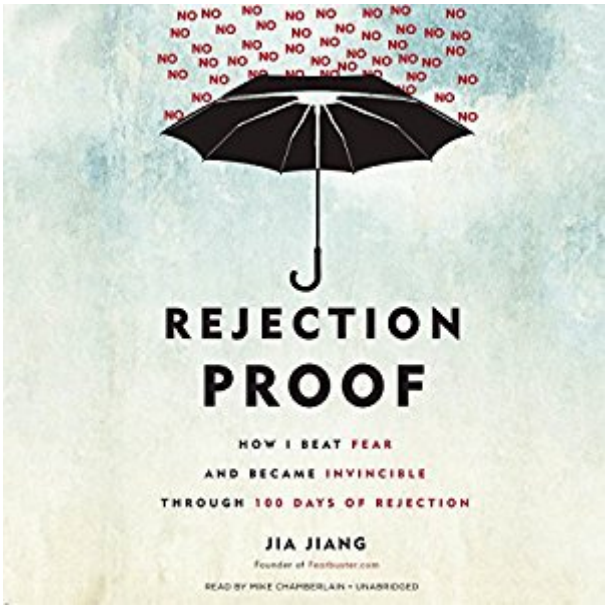
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Rejection Proof: How I Beat Fear And Became Invincible Through 100 Days Of Rejection



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Synopsis

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. Jia Jiang came to the United States with the dream of being the next Bill Gates. Despite early success 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 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 loudspeaker (yes) to his famous request to get Krispy Kreme 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 here he 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, 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.

Book Information

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Customer Reviews

This book is inspiring to all who are people-pleasers and have felt rejection in any form. The

easy-reading sharing of his story is motivating and makes one want to go back to that idea you had not so long ago and see how really possible it might be. One of the greatest comments is that rejection is only an opinion and has more to say about the rejector than the rejectee (not in a negative way - just a fact.) And to ask the "why" of the rejection before taking it to heart. Great things could happen!

Purchased this book for a work book club. It is great-for everyone, not just those in sales roles. Gives a perspective on having the courage to get out of your comfort zone, and the need to understand others and the environment around you--which affects the outcome of what you are seeking.

I wished I read this book as a teenager (1. Jia wasn't born & 2. This is the time for me to read and receive). As I watched Jia's TEDTalks and then his YouTube Rejection series, this book was perfect. I have so many dreams and aspirations that I've put aside, I'm now working on them. This is a must read.Thank you,Crystal "SaxLady" Brown

This clearly written book was such a joy to read. Jia Jiang takes you on a journey from fear of rejection to complete self-confidence. It is hard to to see yourself in many of his experiences. He covers everything from mindset shifts to becoming rejection proof to rephrasing the way you make requests. He even offers insight into how the way you carry yourself and project your insecurities when making a request could be soliciting more No's than Yes's. Most important, however, is realizing that a "No" from someone else is not a "No" to you as a person.Each chapter offers compelling stories and easy to implement strategies and mindset shifts that everyone could benefit from trying. This is a wonderful book for anyone interested in improving their self-confidence and landing more opportunities.

Great anecdotes and tips on how to take "no" and turn it into a way to be your best self. Real world small things that anyone can try are great and he nails them in this book.

I've been grappling with the result of one particular rejection for almost a year now: getting my dream job and not getting rehired. No matter what I did to deal with the resulting pain, I could never find closure until I read this book. Now I'm feeling energized and systematic in how I plan to use this rejection to better myself. Not only was it informative, but it was a fun and fast read. Thanks to the

author for facing his fear and being bold enough to do this. I am very grateful.

His TED Talk inspired me to buy his book. The personal stories he shares are both funny and insightful. There are a lot of important lessons here for kids and adults alike.

I first listened to this book on audible. I had to buy it in paper form to reread and highlight. This is a well written and entertaining book. I just started a career I sales and it has helped me already!

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