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## Rejection Proof Therapy 101: How to Overcome, Deal with and Heal Yourself from Rejection (Paperback)

By Madison Taylor

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Rejection is an inevitable part of life. Benjamin Franklin should have said that the only things sure in life are death, taxes, and rejection. But while rejection hurts, it is a good sign that you put yourself out there. It is better to put yourself out there and take risks in life, than live a tiny little rejection-proof box. Fear of rejection is a natural part of the human experience. But it can also limit you. You can never be truly rejection-proof, unless you completely shelter yourself and avoid living life. However, you can actually make yourself rejection-proof in the sense that you no longer fear rejection. Without fear holding you back, you can actually achieve your dreams. You will no longer hold yourself back out of fear. Use this book to change how you view rejection. Instead of viewing rejection as a horrible event that you must avoid, you can view it as a learning experience and a normal part of life. You can remove the fear from rejection so that it no longer holds you back. The pain...



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