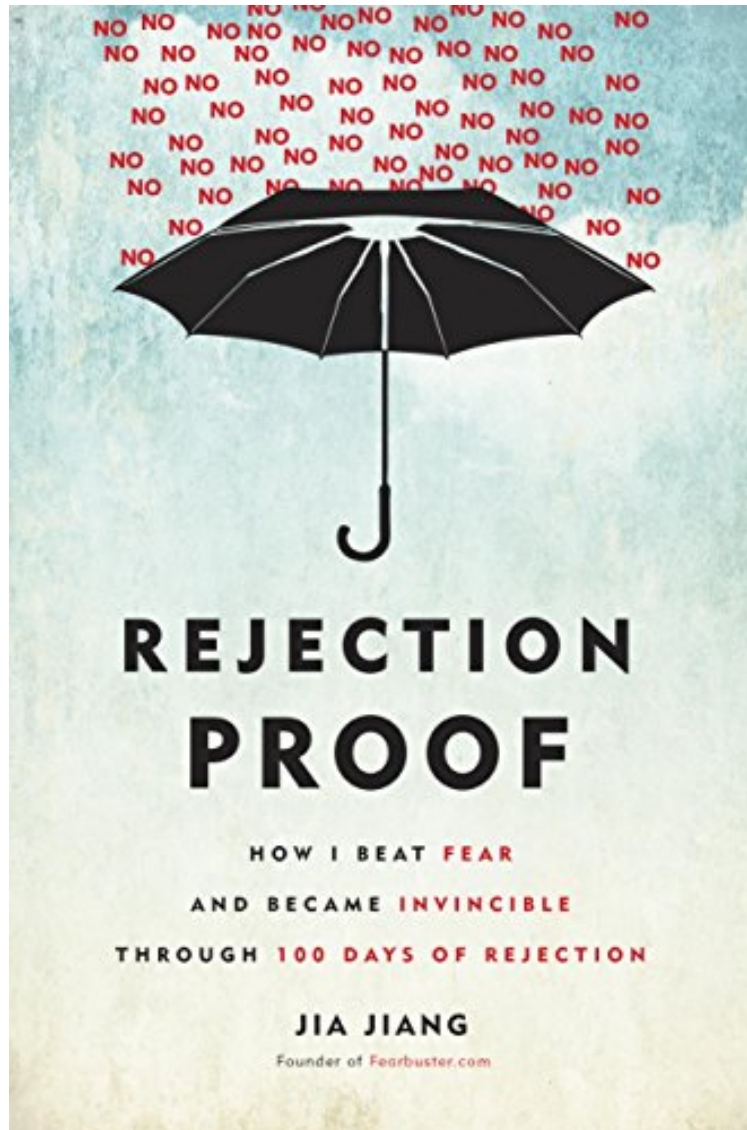


# Rejection Proof: How I Beat Fear and Became Invincible Through 100 Days of Rejection

Jia Jiang

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**Jia Jiang : Rejection Proof: How I Beat Fear and Became Invincible Through 100 Days of Rejection** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Rejection Proof: How I Beat Fear and Became Invincible Through 100 Days of Rejection:

1 of 1 people found the following review helpful. Rejection Proof By Kenneth E. Brown 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 TED Talks 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 0 of 0 people found the following review helpful. A "No" from someone else is not a "No" to you as a person. By slc\_11 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 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. 0 of 0 people found the following review helpful. Help yourself learn that no isn't the end of the world! By Andrew Holloway 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.

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 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 loud speaker (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 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. From the Hardcover edition.

"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* "I hope you buy two copies of this book because as soon as you read it, you'll want to give it to someone else who needs a boost of bravery too." --Jon Acuff, author of *Do Over and Start* "Rejection Proof is a fun, thoughtful examination of how to overcome our fears and dare to live more boldly. You have no idea what you can achieve until you try!" --Nancy Duarte, author of *Slide:ology* "A clever and inspiring read that will change the way you approach anything that may seem out of reach. This book made me want to look fear in the eye...and then kick it in the ass." --Alison Levine, author of *On the Edge* About the Author Jia Jiang is founder of the popular blog and video series *100 Days of Rejection*. His story has been covered by dozens of news outlets, including *Bloomberg Businessweek*, *Yahoo News*, the *Huffington Post*, *Forbes*, *Inc.com*, *MTV*, *Gawker*, the *Daily Mail*, *Fox News*, and *CBS's The Jeff Probst Show*. A native of Beijing, Jiang came to the United States as a teenager to pursue his dream of becoming an entrepreneur. He holds an MBA from *Duke University* and a bachelor's degree in computer science from *Brigham Young University*.