

# Rejection Free: How to Choose Yourself First and Take Total Charge of Your Life by Asking For What You Want



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Is the fear of rejection holding you back from taking massive action? Do you refrain from asking for what you want because of getting a NO? Do you depend on the opinions of others to define your self-worth? I know rejection hurts. We take it personally when people fail to give us what we desire the most. But getting rejected is a state of mind. It has power over you if you let it in by believing the worst. You can learn to free yourself from the feeling of shame and the fear of loss. By taking action in the face of fear, you release yourself from an emotional rollercoaster and learn to live your life with confidence. In Rejection Free, you will learn how to ... \*choose yourself first no matter what people think of you. \*ask for what you want without the fear of hearing NO. \*break free of rejection in any situation that calls for you to be brave and confront your fears. \*stop trying to please the wrong people and pay attention to the right ones. \*realize that rejection isn't all about you (and how inspiring this is!).

\*put an end to the trap of predictability and the ways it hurts your chances for success. \*overcome your self-doubt and become great at asking for what you want the most.

\*supercharge your confidence and take charge of your life. \*desensitize yourself to rejection so you can handle anything that comes your way! Debunking the Lies Rejection is full of lies we believe about ourselves. One of the first steps to recovery and creating a rejection-free lifestyle is breaking away from these lies by becoming totally honest with ourselves. Aligning our thoughts and ideals with the reality of the situation makes resistance for ourselves. The lies are what keep you trapped and continue the pattern of living in rejection hell. A Roadmap to Freedom When you avoid being rejected, you eliminate all possibilities of losing, looking bad, or failing completely.

You play it safe. You look for the non-fail, safe methods that are guaranteed to reduce your failure rate. By not risking, you risk more. By hiding, you stay afraid. This book offers a way out of your pain by working through the stages of rejection. Learn to Ask For Anything There is a price to pay for not asking. By trading in your pride and fear of embarrassment, you could be giving up large sums of money (asking for a raise), your freedom (asking for time off), and the opportunity to thrive instead of survive. if you don't ask that person out on a date, someone else will; if you don't ask for more money in your work, you'll have money; if you don't ask for support, you end up doing it alone; if you don't ask how it's done, you'll end up doing it the wrong way Desensitize Your Fear Doing the things that scares you numbs your fear of rejection. By taking action and breaking out of your fearful comfort zone, you condition your mind and senses to move forward and break all mental obstacles holding you back. What could you do with your life if nothing was in your way? The answer: You could do anything and everything! Choose your life and live to the max, ask for everything you want and overcome your greatest fears holding you back!