

How to...Say Whatever You Want... Approach Anyone **You want**...Ask for a Raise Whenever You Want... Without Stammering, Stalling or Stumbling.

Many people like you are afraid to ask for what they want, what they need and what they deserve because of their fear of rejection.

If you stammer at your request for a salary raise, you might have a fear of rejection.

If you stall and never ask for a date, you have a fear of rejection.

If you stumble when you try to be who you really are but don't go all the way, you might have a fear rejection.

Dear Interested Reader,

There are many signs that we reveal when we're afraid to ask for what we want. Many people—or "experts" suggest that we just get a "thick skin," or find better or more clever ways to ask for the things that we want.

And many gurus, books, DVDs and seminars clumsily provide strategies on how to get what you want just by asking... and still many others suggest that you can just "wish for stuff," and you'll get it, but **no one has really explored the real reason** why we don't get what we want or what we know we deserve.

The underlying reason of not getting what we really want just boils down to our **fear of rejection**. That's it.

Fear of rejection... can make us shrink when we need to stand tall... can make us shrivel when we need to have confidence... can make us wither when we need to just be ourselves.

Do you shrink at the prospect of asking someone: out on a date... a huge favor... or to just make a kind suggestion to modify someone's behavior—such as keeping the music down?

Do you shrivel at the prospect of walking into your boss's office to ask for a raise... suggest a big proposal... or to simply request a mere two day extension on a much needed vacation?

Do you wither at the idea of making big changes for yourself—and being who you really are in the presence of your family and friends?

You're not alone...

But that's not exactly a good thing.

Your fear of rejection is not all that uncommon. Everyone has it and that's why so many people are not getting the raise they deserve, not getting the date they've been thinking about—and not pursuing life's most important opportunities.

Do you ever get the feeling that YOU aren't the person you were meant to be? Did something get off track?

This is a common feeling, and the reason is because people don't ask for what they want, and they don't ask because **they fear of being rejected**.

An article titled *You Don't Get What You Don't Ask For* on **Inc.com** says that up to 90% of the people are afraid to ask for things.

Is fear of rejection so strong in you that **you don't ask for the things you want, need or deserve?**

Do you hesitate to ask for the raise that you deserve because you fear that **your boss may think you're a trouble maker** or that you only care about money and not so much your job?

This is **fear of rejection can be paralyzing**, and it keeps you from getting the things you want, need and deserve.

Isn't It Time to Find a Way to Conquer That Fear of Rejection?

Many of us kick ourselves because we didn't ask the girl or guy to the prom and will always look back with regret, and we often ask ourselves, "**Why was I so afraid to ask?**"

These regrets eat us up inside for near eternity, and **the sad part is that we keep making these mistakes over and over...** and letting our fear of rejection run—and ruin—our lives.

This feeling is natural, and it stems from the times when **we did get rejected**. It hurts. It's painful. We had our hearts set on a date, a college or a job, but we got rejected... and now **we have a hard time living with it**—for many, many years later.

It's the **coping with rejection that's hard** and which sets the tone for the next time we want to ask for something.

If we get rejected by the college admissions, it makes us not as likely to seek the dream job that we know we're qualified for.

If we get rejected by our dream job, it makes us not seek out a raise at the job we eventually settled for.

Fear of rejection lets others run the show. Not us.

The **secret of taking absolute control of your** life is NOT to have *more* money, *more* knowledge, *more* charisma—**it's to overcome the fear of rejection** and coping with it when it *does* happen.

This is the secret pathway to success—because if we don't ask for it, we won't get it. No one can read our minds.

Introducing the ground breaking book by John Higgins:
Overcoming and Coping with Rejection

This amazing book will have you overcoming rejection and asking for just about anything you can think of:

- You want a new car? Ask for it.
- Want a raise? Ask for it.
- Want a three week vacation during Christmas? Ask for it.
- Want to be yourself—the way you want to be? Go for it.

Our fears of rejection paralyze us... but what if we could overcome this one aspect in our lives?

How rich our lives would be...

- We would marry the one we knew we were supposed to be with.
- We would **have the job we knew we deserved**.
- We would have the time to be with our families because we asked for it and got it—because we overcame our **fear of being rejected**.

Fear of rejection is so strong that if you get rejected just once out of a hundred times (that's just 1%), it **can haunt you for a very, very long time**. Understanding that fact and overcoming your fears is the very foundation of *Overcoming and Coping with Rejection*.

John Higgins doesn't just tell you to overcome (using sheer mental will power) your fear of being rejected; he introduces many—never before seen— **coping strategies to deal with rejection**.

- If rejection can ruin your self-confidence, find out what the opposite can do.
- Do you know the 5 Stages of Rejection when it comes to **Dating and Relationships**?
- Learn about the **two world-renowned psychologists** who make finding your purpose incredibly easy.

- **What's the continuing plan for when you get rejected?** Don't have one? Find out what you need to do to get one.
- Find the hidden strengths we all have, but just don't know it. (The answer will surprise you!)
- Find out how you'll be rejected BEFORE you see the typical warning signs.

We usually don't ask for something until we've built up enough courage or the pain is too great to not have it, **but wouldn't it be great if you didn't have to go through all that pain?**

I know the pain all too well...

I'm often haunted by the painful memories of when I was fresh out of college working as a production assistant (also known as a "gofer") on a movie production in New York City.

While I was working there, the production of the movie was going badly, and the office staff was in an uproar about: uncompensated overtime, lack of food, lack of breaks and—most importantly—lack of leadership and direction.

While I was on a "gofer" run getting office supplies, the whole office (about 14 staff members) marched into the production manager's office and demanded that they get a raise or they were going to quit.

They all got a raise.

When I returned to the office an hour later, I was told of this memorable event, and one co-worker suggested that I walk into the production manager's office and ask for the raise that everyone else got.

I didn't.

I was afraid of being turned down.

My fear of rejection overcame my desire to have the money that I deserved. I felt very stupid and bad about myself after that incident, but many years later I found out that my reaction to that event was quite normal. I didn't have the backing of 14 co-workers when it came for me to ask for a raise, so it was normal for me to fear being rejected.

But **being normal is not what I wanted out of life**, so I told myself, "Never again."

But the sad truth is that the scenario played itself out many, many times during my career.

That's why I am so grateful that I applied the principles of ***Overcoming and Coping Rejection***.

I learned the skills to ask for what I wanted without the fear of being rejected, and you can too in this powerful book.

It's been a real game changer for me and my career.

I want to tell you how you can get this life changing—at least for me—
book for just \$19.95, but first...

...in this powerful book you'll discover:

- The key to handling rejection is to develop your vision and purpose, so you can live your life without fear.
- What your purpose in life is or can be without fear, pain or guilt.
- The Pros and Cons of popular strategies of “just get over it.”
- The Myths of getting rejected by groups, clubs, schools and other highly sought after social organizations.
- Coworkers gone to lunch but didn't invite you? Learn the simple techniques to handle it gracefully and win their respect many times over.
- Didn't get the big project you were hoping for? Read Chapter 4 to find out what to do to make sure that never happens again.
- Can FEAR be positive? Find out this little known secret in Chapter 7.
- The **ONE THING you should never do** after being rejected by asking for a raise from your boss. (Get this wrong and “you may never work in this town again”.)
- Those who can do this will never blink, blush or blunder their way through another job interview. Those who can't will always be on the sidelines wishing they could.
- Do this one physical exercise, and you'll have the success you've been dreaming about.
- How you may be rejecting your children without you knowing it
- Learn the signs that your children are rejecting you, and how you can easily resolve these issues

**Imagine all the things you could have right now if you simply asked for
all the things that you ever wanted.**

A simple raise at your job would give you the freedom to take vacations, get a new home and pay off debts. Overcoming your fear of rejection will allow you to **ask for that raise with ease.**

Studies show that most people get turned down when asking for a raise. That's bad, right? Wrong! That's good.

When you have the courage to ask for a raise—because **you overcame your fear of rejection**—you'll most likely succeed in your request because your courage will show through, and you'll have the confidence to ask for a raise again (if turned down) sometime in the future.

Statistics show that most people ask for a raise only once and then give up. (That'll get you nowhere).

Payscale.com says that 30% are uncomfortable negotiating salary—that's out of the 43% who even asked for a raise. So the actual number of people who have the courage to walk into the boss's office is quite low.

Statistics show that MBA Grads are more likely to ask for a raise, but you don't have to be an MBA graduate to ask for a raise. You just need to understand the techniques to overcome your fear of asking for a raise.

Reading this book is like putting on a suit of armor—a suit of courage. Imagine being **Iron Man** when you need to ask for something you desperately want, need and deserve. You can do anything, and ***Overcoming and Coping with Rejection*** will have you fighting off your fears with the power of superhero.

John Higgins, in easy to understand language, will show you:

- How to overcome your fear of asking for a date
- How to take action steps to **strengthen your resolve to face rejection** in the most unlikely of places.
- How NOT to lose track of your identity when trying to gain acceptance from a group.
- How “Preparing For No” will be the greatest secret you'll ever learn about handling rejection.
- How keeping focus will greatly **enhance your journey to overcome the fear of rejection**.
- How the SMART Method will help you overcome rejection in just minutes.
- How to use self-awareness models to triumph over rejection for lasting success.
- How to plan for rejection, so if it happens you can move on and be better for it.

You won't have to go through some immersion process where you're subjected to rejections over and over again so you become numb to rejections. That's not a way to learn. This book shows you tactical **and pain-free action plans that allow you to overcome the fear of rejection** without subjecting yourself like a guinea pig.

The simple methods in ***Overcoming and Coping with Rejection*** will help you gain control of your life and get you into the fast lane of success. It's not about wishing for things or chanting in front of a mirror (although there is one exercise that does have you look in the mirror— but it's not what you think). The methods are simple and easy to understand.

The skills you'll learn will catapult you to:

- The front of the line
- The best seat in the house
- Getting a seat in packed restaurant
- Sitting at the captain's table
- Getting the salary you deserve
- Getting the date you thought would be impossible
- Getting into places and events you only dreamed of
- And so much more!

There may be resources out there on the Internet that show you "how to ask for something," but this book is unique in that it shows you how to **overcome rejection** when you are refused your request **after you ask for something**. That's the real power of *Overcoming and Coping with Rejection*.

Learning how to ask for something is a way of manipulating someone else, but *overcoming* rejection is a way of manipulating yourself (or changing your mindset). That's the true secret to moving forward with your career and your personal relationships.

In just the first few chapters you'll gain the power to:

- Accept rejection and understand what it really means
- Transform rejection into opportunity with ease and speed
- Solve rejection in two simple ways for maximum success
- Reveal your most intimate secrets to those whom you seek approval

If you can master your fear of rejection, you can master your game

After reading this book and applying the quick and easy principles, **you'll be over your fear of rejection**, so you can ask for the raise you deserve, get the date with the one you were meant to be with, and say whatever that's deep inside you to those whom you seek the most approval.

Click here **to get this powerful book** that will transform your life. Get it now for only \$19.95. Don't delay. This special offer won't last long.

Our 100% Money Back Guarantee

If this book doesn't meet your expectation in 90 days, simply return it for a full 100% refund. That's our 100% Money Back Guarantee to you. If this book doesn't allow you to ask for what you want, what you need and what you desire **without the fear of being rejected**, simply return the book for a full refund.
No questions asked and no feelings hurt.

Don't miss out on the Special Bonus Chapter: *Famous People Who Got Rejected*

Hear inspiring stories of famous people who were rejected—often many times—but triumphed and made millions because **they overcame their fear of rejection**:

- Learn how “self-acceptance” and “social acceptance” allowed this one man to go from being fired from his job to **making millions** and even billions for himself and his companies!
- Read the intimate details of this very famous and highly honored man who was rejected three times from the college of his choice, **then went onto make millions in the film and entertainment industry.**
- Hear the captivating story of how this one woman, who faced extreme adversity, overcame rejection time and time again to become world famous and become **one of those most respected women in the world**—not to mention the billions she made along the way.
- Read the gripping story about this **entertainment personality who was repeatedly fired** from job after job because he stuck to what he believed in and refused to let other people dictate how he was going to do things. He was rejected so many times that many people were surprised that **he's a multimillionaire today**—doing exactly what he set out to do from the beginning without compromising his ideals. Truly inspiring!
- Meet the painter who—for fear of rejection—only sold one painting during this life time, and the rest of **his hundreds of paintings sold for millions and millions**—AFTER his death! A tragic tale we all can learn from.
- Meet the famous author who was —using the **one special tactic highlighted in Chapter 5**—rejected over 30 times, but channeled that rejection into making himself a **multimillionaire** writing books beloved the world over.
- And many other stories about people you've heard about but never knew that they overcame extreme adversity because **they overcame their fear of rejection.**

You won't find these gems on any Internet search, or any top-ten list. These thoroughly researched and detailed stories won't be found anywhere else but in this life-changing book.

Warning: This [Special Bonus Chapter](#) is only available for those you buy [here and now](#) during this limited time offer of ***Overcoming and Coping with Rejection*** for just \$19.95.

[Click Here Now]

Sincerely,

Edward Jones
Publisher

P.S. Imagine yourself sometime in the future where you're confronted to ask for something you really want but your past experience of being rejected is holding you back. Can you honestly say that won't haunt you for the rest of your life?

P.P.S. And I saved the best for last. If you're not convinced of the passion that I have for this book, then maybe everyday people like you may convince you that this is the best value under twenty dollars you'll ever find at making a real life change:

"I work in sales and have to deal with rejection daily. You would think it would get easier as each day passes, but I have found the opposite to be true for me. This book has been a lifesaver, giving me hope in my job that I didn't have before."—**Thomas Richter, Denning International Products**

"The only thing I can say is that I love this book. It's definitely worth your time and money. Personally I learned some of these lessons a long time ago, but this book showed me a lot of new tactics that really helped me cope. If you want to get more confidence and overcome rejection this is definitely your read!"—**Tammy Wieger, Kansas**

"It's an awesome book. I really like the techniques for handling rejection explained in this book. It helped me to change my view of rejection, and see it as a positive step forward. A really helpful book with great tips and strategies for overcoming your fear of rejection."—**Wyatt Pip, Orlando**

"This book really helped me realize that rejection is something everyone goes through and how I shouldn't take things so personal. No one likes to be rejected, but when you are striving for success you will get rejected along the way and can't avoid it. But this book allows you to think differently and change your mindset about rejection. If you don't strive for anything or take any chances, this means you're not doing anything. Usually the people that get rejected are the most successful because they're actually taking action and seeing how far they can push boundaries. And anytime I fear being rejected or experience rejection I know where to turn to know that it's a natural part of life and that everything will work out exactly how it's supposed to."—**Tommy Tutohn, Frenchfry, Ontario**