

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

By Jia Jiang

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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 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 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.

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Editorial Review

Review
"*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.

Mike Chamberlain is an actor and voice-over performer in Los Angeles. His voice credits range from radio commercials and television narration to animation and video game characters. Stage trained at Boston College, he has performed works from Shakespeare and the classics to contemporary drama and comedy. His audiobook narration has won four AudioFile Earphones Awards.

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