

Title:

Managing The Fear Of Rejection In Today's World

Word Count:

443

Summary:

We have all gotten turned down from a job interview, sports team try out, or even a date. It o

When getting turned down, the key is to learn from your mistakes and to give it another try. D

Keywords:

Article Body:

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When getting turned down, the key is to learn from your mistakes and to give it another try. D

Sometimes, our negative thoughts will get the best of us when we fail to get what we want. A t

If you have trouble accomplishing a certain task, visualize yourself doing the task in your mi

Asking for help can make a difference. Talking to someone who has been there can give us insig

As a Layman and author of an anxiety book, I have gone through much adversity in dealing with

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