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A Few Brief Tips To Deal With Writing Rejection

By Laura Hickey

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What to do when you get rejected

You've just finished your book, sent out query letters and was rejected. What's left to do? You could give up, but I wouldn't suggest this. Here's some brief tips on how to deal with rejection.

1. Take a breather—

You've probably been wondering and rattling your brain as to why you got rejected. Take a break, not a long one...some time for a breather. If you continue to constantly analyze why you were rejected, you'll drive yourself crazy. Plus...if you decide after rejections to continue sending out new query letters, they may not be your best work. Why you ask? Because you may not produce your best work under all the stress you've put yourself under over the rejections. You wouldn't want more rejections because you didn't have the energy to send out your best sales pitch.

2. Self-esteem— Failure is not an option

You might be down in the dumps...this is understandable, but don't allow yourself to be in the mood for too long. Have you had others read your work? Did they like it, love it? It's a good idea to remember all the positives, rather than negatives. If everyone who didn't get what they wanted the first time quit, do you know what we'd have? A bunch of failures. They aren't failures though for not getting it for the first time, rather they are if they quit.

3. Motivation—

Think about your favorite movie, song or book. Now, what if they stopped trying? That favorite song, book or movie wouldn't exist. If you give up, someone out there won't have a chance to have your work as a favorite. Think about it.

Remember that rejection doesn't have to be the end of your journey unless you let it be. Good Luck!

Laura Hickey is the author of the children's book "Mysterious Chills and Thrills for Kids E-book" Along with writing children's books, she also wrote for the sitcom pilot + episodes for a project called

"Officially Lush" You can read her whole bio plus access her press kit at <http://www.laurahickey.com>

Say Adios to the Fear of Rejection!

By Peter Murphy

Do you ever get an uncomfortable feeling in your stomach when you have to approach someone?

In situations like this does your mind go blank?

This is not unusual. That feeling is often the fear of rejection.

When you feel afraid your emotions take over, you feel tense and your ability to think logically vanishes into thin air.

And that is why you can talk to close friends without a care in the world but never know what to say when you meet new people. i.e. emotions cloud your thinking.

What is the answer to this challenge?

You need to take charge of the fear of rejection:

1. Imagine the worst case scenario.

Run it through in your mind. How will you handle rejection if it does happen?

Our fears often take on a life of their own. However when you can stop for a moment and plan in advance, whatever does happen is usually not so bad after all.

Once you accept this you will feel more relaxed and better able to deal with what does happen.

2. Decide what rejection means

When we react emotionally to rejection we can usually come up with some awful reasons why people reject us, such as: People dislike me I am a failure I am not worthy of their approval I am not good with people

These limiting thoughts are only making things worse for you. And the strange thing is that only you can choose what rejection means for you.

Meaning is a choice so why not choose more empowering meanings? Such as: I need to change my approach I can get better by learning a better way He is having a bad day and is too busy to talk

Decide what rejection really means before it happens and you will feel a lot better about yourself if it does happen.

A Few Brief Tips To Deal With Writing Rejection

Like I always say...

Knowing what to say is not just a matter of what words to speak, that is only the tip of the iceberg, ninety per cent of the solution depends on you taking charge of your emotional and mental states.

When you do this you will be able to talk to anyone you meet with the same ease you talk to close friends.

One final point...

Are these techniques designed to be used once? No!

These strategies will in time become part of who you are and how you live. Like any skill the more you use them the better you will get.

Aim to improve slightly each and everyday and you will make huge progress in the coming weeks and months. As long as you make it a daily habit.

Doing a little now and again and expecting rapid progress is like exercising once a month and expecting to be slim and fit.

Aim for steady, gradual improvement and you will grow even faster than you expect!

Peter Murphy is a peak performance expert. He recently produced a very popular free report: 10 Simple Steps to Developing Communication Confidence. Apply now because it is available for a limited time only at:

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Reframing Rejection

How To Overcome Your Fear of Being Rejected

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