

Resilience Facing Down Rejection And Criticism On The Road To Success

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In Resilience, Mark McGuinness explains why your reactions to rejection and criticism are completely understandable - and how to deal with them effectively. Through stories from his own experience, as well as those of famous people who faced rejection and criticism on the road to their success, he will show you that you are far from alone in suffering from rejection and criticism.

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To deal with rejection and criticism, you need to acknowledge the pain - and find ways to bounce back from the impact. In short, you need to develop resilience. In Resilience, Mark McGuinness explains why your reactions to rejection and criticism are completely understandable - and how to deal with them effectively.

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If you're an entrepreneur you face rejection by (potential) customers, partners and investors. Those same people won't hesitate to criticise you if they are unhappy. If you're chasing your dream job you'll receive your share of rejection letters. And once you land the job, taking flak when things go wrong is part of the deal.

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His latest book is called ' Resilience. Facing down rejection and criticism on the road to success. ". Mark was a psychotherapist and then moved into coaching with creative professionals. Over the years, the same issues have come up time and time again, and rejection and criticism are two of the major themes.

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Mark helps creatives advance their enterprises with business savvy, and he helps business people approach problems creatively. To further that cause, his new book can help us gain a key quality to...

The Psychology of Rejection & Criticism with Mark ...

Persevering in spite of rejection is the key to reaching your dreams. To get closer to your dreams, overcome your fears and keep challenging yourself. To be a better self-critic, distance yourself from your work so you can take a fresh perspective.