



# Resilience: Facing Down Rejection and Criticism on the Road to Success

By Mark McGuinness

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**Resilience: Facing Down Rejection and Criticism on the Road to Success** By Mark McGuinness

**If you want to achieve something original and meaningful with your life, you MUST learn to deal with rejection and criticism.**

If you're an artist of any kind your work will be rejected by editors, curators and other gatekeepers. And each time you put it in front of the public, you expose yourself to criticism.

If you're an entrepreneur you face rejection by (potential) customers, partners and investors. Those same people won't hesitate to criticize you if they are unhappy (justified or not).

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.

If you're an athlete or sports player it's a battle to get on the team. And you'll hear about it from all sides - your coach, your team-mates and (so-called) supporters - if they think your performance isn't up to scratch.

If you're a campaigner for change you face inertia, resistance and hostility from everyone with an investment in the status quo. No wonder most people choose not to rock the boat.

**Between them, rejection and criticism can rob you of your dream.**

Many people set out on their chosen path full of hope and inspiration, only to turn back because they couldn't deal with the emotional impact of crushing rejections and vicious criticism.

If you want to avoid joining the legions of also-rans, you'll need to find practical, effective ways to deal with rejection and criticism.

Anyone who says 'don't take it so personally' doesn't understand what it's like

when you are hit by a major rejection or biting criticism.

At least to begin with, it's almost impossible NOT to take it personally (for very good psychological reasons). 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.

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.

And he draws on years of experience as a coach to give you practical advice that has been road-tested with hundreds of people facing similar challenges to you.

You will learn:

- Why rejection and criticism hurt so much
- Several ways you may be making rejection worse (without realising it)
- How to keep going in spite of multiple rejections
- Why your inner critic is (potentially) your best friend
- When to ignore the critics - and when to listen
- Whether (and how) to respond to insults and abuse
- Why success is harder than it looks - and how to deal with it

*This is not a theoretical book* - it's packed with practical tips and techniques you can apply to your own challenges right away.

Whether you're just setting out, in the middle of your journey, or dealing with the unexpected challenges of success, *Resilience* will show you how to keep moving forward.

*Resilience* will take you a few hours to read; its lessons will help you for the rest of your life.

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# Resilience: Facing Down Rejection and Criticism on the Road to Success

*By Mark McGuinness*

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### **Editorial Review**

Review

"Achilles' mother dipped him, as an infant, into the waters of the River Styx to make him invulnerable. Mark McGuinness does the same for you and me with *Resilience: Facing Down Rejection and Criticism on the Road to Success*. Read this book and you will be bulletproof!

"P.S. The chapters on the Black Box and 'How to Fix It Next Time' are worth the price of admission all by themselves."

**Steven Pressfield, bestselling author of  
*The War of Art and Turning Pro***

About the Author

Mark McGuinness is a creative business coach who has been helping clients overcome rejection, criticism and other obstacles to success since the mid-nineties.

He has also dealt with his own share of rejection and criticism, as a self-employed coach, psychotherapist, public speaker and writer. His blogs and ebooks are read by thousands of people every week, and he coaches clients all over the world.

*Resilience* distills over 16 years' experience of helping clients facing real-life challenges into a memorable and useful read.

### **Users Review**

**From reader reviews:**

**Sarah Alexander:**

Why? Because this *Resilience: Facing Down Rejection and Criticism on the Road to Success* is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret this inside. Reading this book next to it was fantastic author who also write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of advantages than the other book possess such as help improving your expertise and your critical thinking means. So , still want to postpone having that book? If I had been you I will go to the reserve store hurriedly.

**Jacquelyn Lopez:**

The book untitled *Resilience: Facing Down Rejection and Criticism on the Road to Success* contain a lot of information on this. The writer explains her idea with easy method. The language is very clear and understandable all the people, so do not worry, you can easy to read the item. The book was published by

famous author. The author will bring you in the new age of literary works. It is easy to read this book because you can continue reading your smart phone, or model, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order it. Have a nice learn.

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