



Don't Let the Bastards Get You Down: 101 Strategies to Laugh Your Way from Repudiation to Happiness

Mel Helitzer

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Rejection sucks. But it's not the end of the world. The purpose of this book is to look at repudiation as one accepts pigeon droppings on a park statue. Their doo-doo is no big deal, and you can clean it up. The book is filled with 150 cartoons, 1,000 humorous quotes, anecdotes of 200 celebrities, and offers 101 strategies to avoid rejection, 86 catalysts to consider for positive action, and benefits to seek that can be a blessing.

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