



Making Your
Mark



AORN

**GLOBAL SURGICAL
CONFERENCE & EXPO**

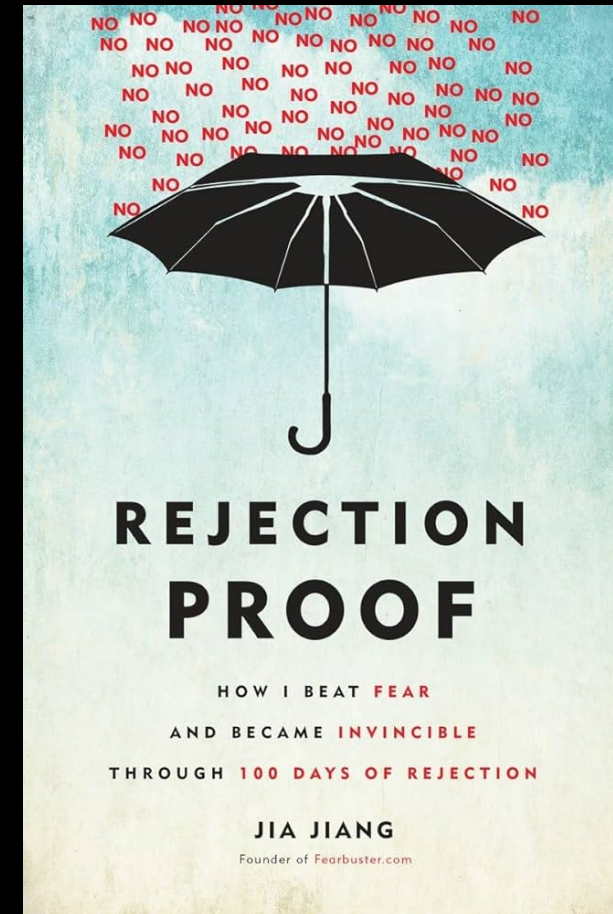


Embracing the Cut: Turning Rejection into Resilience

Jia Jiang

“By seeking out rejection for 100 days—from asking a stranger for \$100 to requesting a “burger refill” at a restaurant—Jiang desensitized himself to the pain and shame that rejection often brings and, in the process, discovered that simply asking for what you want can open up possibilities where you expect to find dead ends.”

- Jiang experienced rejection as a child and it impacted how he sought his goals as an adult.
- After being rejected by a potential investor in his start-up, he decided to immerse himself in the feeling of rejection in order to learn resilience.
- “The stings and slights of rejection are universal among humans.”
- During his experiment, he learned that rejection can be “much less painful than we believed.”
- He also discovered that people are much kinder than we may think.



Other Highlights...

