




Rebound from rejection Psychologists and ordinary women agree: Denials and dismissals stink. Use these proven strategies to speedily sail past a snub. —Andrea Bartz

COMEBACK QUEEN	GET-OVER-IT TACTIC	WHY IT WORKS
 <p>NOVELIST Melissa Walker, 30, Brooklyn, NY</p>	<p>BROADCAST THE ANGST "When I read a bad book review, I send it to other writers on a Listserv and we commiserate. It's instinctive to bury the hurt, but liberating to share it."</p>	<p>YOU FACE YOUR FEELINGS "Sadness deserves your attention," says Elayne Savage, Ph.D., author of <i>Don't Take It Personally! The Art of Dealing with Rejection</i> (iUniverse).</p>
<p>ACTRESS Tracey McCall, 26, Los Angeles</p> 	<p>VISUALIZE SUCCESS "When I learn that I didn't land the part, I vividly picture myself winning an Emmy. It reassures me that if I keep pursuing my dreams, I'll one day attain them."</p>	<p>YOU BUILD CONFIDENCE Fantasizing puts a setback into perspective. To more readily conjure a shining moment under duress, frequently imagine happy outcomes.</p>
 <p>TELEMARKETER Jenny Vaughn, 37, Silver Spring, MD</p>	<p>KEEP IT IMPERSONAL "The challenge of my job is to immediately coast past the no's and hang-ups to reach the people who say yes. Every no is one call closer to a yes."</p>	<p>YOU STAY MOTIVATED "Believing that success is just around the corner spurs you on," Savage says. She points out, "If you don't ask, the answer is always no."</p>
<p>JEHOVAH'S WITNESS Lynn Lacy, 38, Chicago</p> 	<p>GIVE THANKS "When I'm doing ministry house-to-house and people slam the door, I recall my blessings, like my family. I remember that any negative experience is temporary."</p>	<p>YOU TEMPER THE PAIN Reflecting on life's good points balances negative emotions, Savage says. Expressing gratitude regularly makes doing so easier in tough times.</p>