



Downside Up: Transform Rejection into Your Golden Opportunity

Tracey Mitchell

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A harsh reality of life is that it's not always enjoyable. Everyone has experienced rejection. Whether in the form of harsh words, unreciprocated love, loss or betrayal. Most people perceive rejection as a negative occurrence, when, in reality, rejection can be one of the most powerful tools in life."

"Downside Up" contains step-by-step guides, resources, and interactive pages necessary to restore lost identity and transform dreams into reality. "Downside Up" offers wisdom, guidance, and personal application while also outlining and establishing key biblical principles that promote emotional and mental wellness. Readers will:

Understand the importance of developing a positive and God-designed self-portrait Identify their life's purpose and maximize their potential for success Discover the value of godly mentors and other positive relationships Overcome negative thoughts, fear, and lack of self-confidence

Rejection is not about experiencing loss. It is an asset for fulfilling your dreams.

Downside Up: Transform Rejection into Your Golden Opportunity Details

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Author : Tracey Mitchell

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Lis Ann - The Indigo Quill says

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"The key to conquering rejection is learning how to turn it into the greatest motivator in your life. God did not make a mistake when He created you."

Downside Up is a book that tugs at your heartstrings. Everyone faces rejection, and everyone reacts to it differently. However, this book is not for the faint-hearted. It is very likely that it will open Pandora's box for some people. There are some who have yet to come to terms with the fact that the emotions that sometimes dictate their behavior is indeed a result of rejection. We are all guilty of it. But this book gives us hope. Although rejection is a difficult pill to swallow, we can still turn it around for good and can use it to grow and gain self-confidence.

In Tracey Mitchell's new book, she tackles the monster of our insecurities and takes us through the transformation of using them to reach our maximum potential that God has for us. Mitchell organizes her thoughts nicely, beginning with "The Top Ten Truths About Rejection" in which I found myself responding, "that is SO true!"

Within the first few pages, I found myself picking up a highlighter and marking it up because I found things that struck close to the heart or I thought would be useful for me to use as encouragement later on. This book isn't just about me, but every girl around me. We all have to face rejection at some point, and it can either keep us from fulfilling our dreams, or fuel them.

Downside Up reminded me of "Captivating" by Stasi Eldredge, just more focused on a specific angle. I believe this could be an encouragement to this upcoming generation like "Captivating" was for mine. This book spoke to my heart, and I also thought of some girls in my life who could also use the words of wisdom and love that Mitchell communicates.

This is a great inspirational book for women of all ages that I will definitely pick up again!

Penelope Silva says

This is a must read for everyone!! I absolutely loved it and will definitely pass along as gift for several loved ones.

Heather Lupu says

"Rejection reveals, alerts, exposes, defines, confirms, and is one of the greatest motivators in life."

This is one of the opening points Tracey Mitchell makes in her book, Downside Up: Transform Rejection

Into Your Golden Opportunity. This out-of-the-box view on rejection is an example of how Mitchell takes an alternative look at how adversity in life can shape you to be “better” or “bitter.”

Mitchell relates to the reader from personal experiences in her own life and those she’s encountered. More importantly, she draws relative stories from Scripture to show that rejection is an emotional wound Christ can heal.

The end of each chapter offers a list of “Chapter Principles” to not only serve as reinforcements for Mitchell’s main points, but also as references the reader can easily access in the future. Following the chapter principles are “Words of Wisdom” which consist of Scriptures and famous quotes that relate to each chapter’s main points. Finally, building on her principles and Scripture, Mitchell offers a “Plan of Action” for the reader to directly apply to their personal life in tangible ways that will last long after this book has been read.

Downside Up, by Tracey Mitchell, is not like any other self-help book I’ve read. My pen went dry from all the notations and underlining I did throughout this book. The amount of ah-ha moments made me take this read a bit slower so I could ingest all the extraordinary points being offered.

I received a complimentary copy of this book from Thomas Nelson through the BookLook Bloggers. program. I was not required to give a positive review.

Mark Merris says

Really good book even for men, though it is more tailored to women. Every one deals with rejection in life but not all of us handle it correctly. Tracy points out errors in thinking that correct a person's thought process with biblically sound advice. Her earnest empathy towards the reader can be sensed throughout the book, even sharing some of her own hang ups throughout her life. I appreciate the candor of her writing but be forewarned you will need to be willing to face your issues. The stories shared can make this a tough or heavy read but it is worth the investment.

Deborah Acuff says

This is a life changing book. No one escapes life without devastating issues but the wisdom in these pages will bring healing and restore joy that you never thought you could have. No cheap tricks...just the facts and absolute truth in defeating the darkness of the past that we all have! An exhilarating read!
