

A white plate with several slices of lemons is shown on the left side of the image. The background is a solid red color. The text 'When Life Gives You Lemons' is written in a yellow, sans-serif font on the right side of the image.

When Life Gives You Lemons

Turning Adversity, Doubters, &
Failures into Fuel for Success

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**When Life Gives You Lemons: Turning Adversity, Doubters, & Failures into Fuel
for Success**

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Introduction

So, you feel like life is getting the better of you, and no matter what you do you can't escape the strong grasp of adversity, doubters, and failures, huh? Well, we're going to give you all the tools you need to use those exact things to transform your life into a bundle of joy, happiness, and success.

Some people have difficulty differentiating reality from fantasy. They hold the assumption that we live in a perfect world where Mother Nature continuously hands out gifts to us perfect human beings. But, realists acknowledge that life is in fact jam-packed with tribulations. Everyone across the globe will encounter negative situations, have bad experiences lodged in their memory, and feel awful emotions from time to time.

It's better to be a realist rather than a fantasist if you want to make the most out of life. Embrace the challenges, learn from the mistakes and grow as a person in the process. Expecting everything to go as planned will only lead to repeated disappointment. When it comes to problems, it's the way in which we respond to them that shapes our lives, though.

Happiness and success are ultimately in your own hands, and it's your responsibility to prevent difficult situations from dictating your life. Those who tend to manipulate problems into opportunities for development through positive thinking boost their chances of becoming successful in every aspect of their life.

Now, throughout your existence, you're going to face adversity, whether you like it or not. It could be a goal that you're just not expected to accomplish, a scenario that plays havoc with your emotions or a hardship that tests your resolve. But, adversity gives you an amazing chance to build strength and resilience. Once you find the motivation to get through one rough patch, you'll understand that you can get through anything.

It's possible you'll come across some doubters in your life, and the numbers will increase as your success improves. They come in all shapes and sizes, but having people expecting you to fail doesn't have to be a bad thing. One, there's less pressure on you so you can relax, and two, it means you're doing something right if they're giving you so much attention.

As we've just touched on failure, we may as well discuss it. It's fair to say that millions of people fear failure. The sheer mental torment that accompanies not achieving one of your short or long-term goals can last for days, weeks and even months. But, when you duck out of trying new things, taking risks or pushing for your dreams, you quickly find yourself trapped in unhappiness.

Instead of fearing failure, you should honestly value it. Why? Because without making mistakes, coming in second-best or downright failing, you'll never have the resources to improve your skills, bolster your knowledge or gain wisdom. Subsequently, you'll continue making the same mistakes in the future and continue experiencing failures.

How do you manage to make lemonade out of lemons when you feel you have so much against you? Keep reading, because we're going to show you how to do it. Let's get started!

Dealing with Adversity

Unfortunately, adversity is one of those things that is part and parcel of our complex world. Our planet features an abundance of unique personalities. Our society includes a variety of potentially troublesome elements such as careers, wages, relationships, and healthcare. And, social media is constantly painting an unrealistic picture of a successful lifestyle.

All of those combined means it's common for every single one of us to experience some hardship throughout our lifetime. Of course, some people have it tougher than others, but problems – regardless of their severity or frequency – are still problems. Most people, though, find it incredibly difficult to cope with negative emotions, memories, and situations.

Therefore, adversity halts their progress, sends them back to square one or prevents them from trying things in the future. On top of that, it seriously damages their frame of mind, happiness, and chances of overall success in life. But, the first step towards dealing with adversity is altering your perception of obstacles.

Let's say you feel shameful of any problems you have. So, you're going to hide and remove yourself from the situation. Alternatively, if you fear obstacles, you're going to run for the hills and never look to clear them. Whereas, if you view adversity as a puzzle to solve and a chance to grow as an individual, you're going to tackle them head-on, and nine times out of ten you're going to overcome the difficult situation.

Here are some tips for dealing with adversity:

Remember your motivation

No matter who you are, you're going to have goals that you desperately want to achieve. Some may be smaller desires, and some may be substantial dreams. But, regardless of the finer details, you'll have your reasons and motivations for pursuing that goal. Otherwise, you would have never have set it.

So, whenever you're facing a situation relating to a goal which is testing you, remember why you started. It may sound cliché, but believe us, it's an effective strategy. Consider how much progress you've already made towards your target and think about what pushed you to chase the goal in the first place. The realization that there's a reason behind what you're doing will give you the boost that you need to overcome those hurdles.

Assess your emotions first

When you're starting with a situation that seems impossible to get through, it's completely natural to feel a surge of emotions rush through your body. Anxiety at the "what if?" possibilities, anger at doubting yourself, sadness at potentially not achieving your goal and fear of ruining all of your progress to name a few.

At that moment, you need to allow yourself time to calm down and breathe. Those emotions can be overwhelming and cloud your judgment, especially if your mindset isn't in the right place. Once you've calmed down, you can view the situation logically and come up with a plan to keep moving forward.

Expect obstacles

Whenever you're approaching any goal in life, train yourself to automatically believe that if it's worth achieving, there could be some awful obstacles along the way. Of course, you'd love it to be all plain-sailing and free of any problems, but it

doesn't always work out like that. When problems are expected to happen, you can deal with them much more efficiently.

Once you've overcome one hurdle, you'll know that troublesome issues will not stop you from achieving your goals. Plus, if you end up not facing any obstacles, it will make the accomplishment much, much sweeter.

Seek guidance

Who said that journeys to achieve your goals, pursue your dreams and find absolute success had to be a solo mission? No one is the answer! So, neither does the adversity that you encounter during the process. If you've got a solid support system around you, such as friends, loved ones, and peers, you can call on them for some much-needed help.

It may be in the form of advice, it may be filling in the blanks where information was missing in your head, or it may be some fresh ideas. You never know how much someone could benefit you until you ask.

Divide your end-goal into smaller goals

Setting a goal can be incredibly daunting, especially if it's something that means so much to you. But, adversity is much more likely to occur if you go out and jot down one massive goal that will take tons of time, effort and hard-work to achieve. So, why not give your mind an easier time by splitting your goal up into smaller tasks that are more achievable?

That way you're making progress, reducing the chance of failure and minimizing the risk of hardship. For instance, if it's to secure a better job, start by speaking to people in the industry, move on to creating a network, then actively search for opportunities, etc.

Accept mistakes will happen

Like we've already mentioned numerous times, no-one is perfect in this world and mistakes will undoubtedly happen every single day of the year. You need to learn not to beat yourself up every time you screw up. Instead, assess what went wrong, determine what you can do to fix it in the shortest time possible, then established a plan to prevent it from happening again.

Also, try not to dwell on it. Mistakes are in the past, and unless you're learning from them, they're just not worthy to be in your thoughts. Just forgive yourself and move on.

Celebrate victories

You can indirectly bolster your defensive capabilities against adversity by doing all you can to celebrate the polar-opposite – victories. Whenever you accomplish something – even if it's just a stride towards your goals – do everything you can to reward yourself and smile. When you do that, you increase motivation, realize that you can achieve things and condition yourself to feel like a winner.

That new-found strength of mind will subconsciously come into play when you run into situations that aren't so great.

Adaptability is Key

Finding common ground between becoming successful and making it through hard times can be challenging. You have imagined your end goal, and most don't anticipate terrible issues along the way. But, those that do end up reaching an outstanding level of success always expect problems. The expectation of difficulties helps them develop an adaptable strategy.

Whether adversity crops up in your life or not, adaptability is a staple trait of successful people. Being able to conjure up new ideas when the landscape changes and modern trends start to take over is an awesome ability. On the other hand, so is being able to flip a negative situation into an opportunity to smile and develop when your inner feelings are instructing you to do otherwise. So, you can see how adaptability is important on both ends of the spectrum.

There's no denying that issues you don't expect will always creep up on you, both in your personal and professional life. These problems were not part of your plan. But, if you can deal with difficulties quickly and find a way to turn them to your benefit in some way, you'll not only put yourself in a position to be successful, you'll build resilience as well.

We've gathered that adaptability is a trait to be sought after, but plenty of people don't have a clue how to practice it. That's why we've put together some tips that you can utilize to improve your adaptability, and consequently enhance your ability to deal with adversity.

Find different approaches to achieve your goals

You've heard the old saying – “there are plenty of ways to skin a cat” – right? See, in most instances, there isn't just one definitive way to achieve a goal. If you tap into your imagination, summon your creativity and adopt new perspectives, you can discover fresh, unique ways to accomplish your goals.

So, when life is throwing a ton of negativity and difficulties at you, it may be a sign that you need to find a different approach. For example, if you keep trying to win new clients for your business but keep failing due to your phone manner, why not schedule a face-to-face meeting instead?

Understand different situations produce different emotions

It's very, very rare that you'll encounter two situations that are mirror-images of each other in your life, they all have their distinct differentiators. That means you can't tackle all scenarios in the same way, and likewise, you can't respond to a negative experience in a duplicated way.

You're always going to feel different emotions of different severities and different durations. But, when you understand that you could potentially experience new emotions in any experience, you'll be ready to manage whatever comes your way and therefore can adapt much quicker. Emotions are a huge part of adversity, so if you can conquer them, you'll be winning.

Re-evaluate your desires

Occasionally, things just aren't meant to be, and that's when you need to sit down and be genuinely honest with yourself. Yes, you may have a goal that you desperately want to achieve, but if you've strengthened your mind, tackled it in different ways and persevered for some time, it may be an indication that it's time to set a new goal.

Let's give you an exaggerated example. If you've always wanted to be an Olympic sprinter, but despite years of training you repeatedly run 100 meters in 20 seconds. Then, you may want to re-evaluate your desires. Maybe you could be a sprinting coach while continuing to sprint as a hobby?

Dealing with Doubters

Many years ago, Bruce Lee spoke words that turned about to be a famous quote that is still regularly used today. He said:

“The doubters said,
"Man can not fly,"
The doers said,
"Maybe, but we'll try,"
And finally soared
In the morning glow
While non-believers
Watched from below.”

You see, when you set out to accomplish something fantastic, you'll no doubt encounter people that don't believe in your vision, object to your beliefs and wish for your failure. In fact, you'll probably be lucky to find a successful person that hasn't had to overcome a doubter on their way to the top.

No matter what industry, niche, profession or aspect of life you're trying to excel in, there'll be people that don't click with what you're trying to do. There are some that are blatant in their expression of doubt, but there are others that disguise it as being acts of kindness. The latter tend to be family, friends or co-workers.

They'll tell you that you can't do something, advise you against taking risks and generally hold you back. Their reasoning usually relates to protecting you from getting hurt, stopping you from feeling disappointed or saving you from failure. But, in fact, they don't want to see you succeed in something they would love to excel in. Those excuses can easily be destroyed by taking control, ignoring the doubts and pushing for your goals, though.

The modern slang for this is “haters,” but we’re about to give you some tips that have dealt with doubters for decades...

Doubters are weak, not strong

People who spend their lives doubting others do an excellent job of convincing people that they are superior. They give off the impression that they are in a position of power and can control anyone they doubt. But, it’s crucial that you don’t allow doubters to feel in control of you, because deep down they are struggling with their issues.

However, those issues make them weak. Their negative thoughts and opinions come from their inner-pain, and they doubt you to bring you down. They have no idea how to progress, improve or develop, so they try to grow by eliminating your goals and destroying any chance of success.

Keep on your grind

You can’t stop people from doubting what you’re trying to achieve, but you can control the actions you take to keep pushing towards your goal. If you become lackadaisical – even for a second – you’ll halt your progress and allow those doubters to believe they were right. But, if you continue to work hard no matter what, you’ll eventually reach your goals and be able to say you have proved people wrong.

Michael Phelps once stated – “There will be obstacles, there will be doubters, there will be mistakes. But, with hard work, there are no limits.” If you concentrate on your development, it won’t matter what others think.

Listen without listening

People have two natural reactions when faced with doubters. They either let them dictate their life, or they completely ignore them. But, both of those are not that effective and waste unnecessary energy. Ignoring them may seem like it's working, but you'll still have them nagging in your ear, which can eventually take its toll.

So, rather than doing either of those, you can hear them out and see what they have to say. But, don't let what these people say register. Just because you're acknowledging what they're saying doesn't mean you're listening. By doing that, you allowed them to feel influential and get their thoughts off their chest.

Transform a doubter into a supporter

The most empowering thing you can do when colliding with a doubter is actually to assist them with their success. That way, you can manage how much influence they have you on by turning the focus on their journey and goals. Now, if they continue to doubt, reject help and resist change, then this tip won't prove to be effective.

But, if they're willing to put some effort in, you can help them find their success. Subsequently, these people start to listen and trust you more as you fill them with knowledge, and that equates to them being a supporter rather than a doubter.

Assess those who are being negative

When you encounter a doubter in your life, it's completely normal to listen to the words that they're spilling out and then react accordingly. People never give themselves time to think logically. They listen to the advice and then feel awful about themselves. But, wouldn't it be better to stop, assess the situation and look beyond the negativity?

By looking at things such as how the doubter is living their life, the success they're currently experiencing and the values and beliefs that they hold, you'll understand that their doubts are a reflection of their bad aura, rather than something that you're doing.

Manage your emotions

The last tip flows nicely into this one regarding giving yourself time to think, instead of reacting instantaneously. When you allow yourself time to breathe, calm down and understand your emotions, you end up responding to the situation, rather than reacting to the person. See, when someone is trying to crush your dreams in the palm of their hands, you're bound to feel anger, resentment, and sadness.

By understanding those emotions during the brief pause you give yourself, you can then manage them effectively to prevent the situation from escalating. Ultimately, you shouldn't give the doubter any validation whatsoever by wasting your energy on them.

The law of attraction

Doubters often find a way to cloud your long-term vision. You rapidly forget about the end goal because you're too busy overthinking all of those unsolicited opinions you've been bombarded with by the doubter. That is where the law of attraction can seriously help you, though. It's something tapped into by most successful people.

All you need to do is to constantly envision how the life you desire will look when you've eventually accomplished your goals. Make it an obsession to imagine your dreams as being a reality, because then a doubter's advice will seem insignificant.

Protect Yourself

Right, let's switch the focus slightly here. Rather than paying particular attention to how to deal with doubters, let's concentrate on how you can put yourself first. When you start taking care of yourself, taking responsibility for your destiny and finding ways to prioritize your own goals for once, you'll find it much easier to combat those doubters.

So, you're essentially killing two birds with one stone. You're developing yourself as an individual, and you're preventing haters from having any effect on you. But, the one problem is that people become so embroiled in the war against doubt, that they end up stumped for ideas when it comes to protecting themselves.

As a result, they get themselves trapped in a life where they put their goals to the side, remain in communication with the doubters and miss out on finding success. You don't want to be one of those people, do you? So, start taking action right now to improve your mindset and achieve success regardless of other people's thoughts.

If you start practicing the tips that we've listed below every single day, you'll push doubters to the back of your mind in no time at all.

Steer clear of negative people

You have the final decision over the people that are present in your life. If you spend your time around negative people, you'll be more vulnerable to dubious comments and advice. Even if it's people that are incredibly close to you, such as your family and friends, you need to find the strength to distance yourself.

If you're serious about being a successful individual, you'll have no problem with being selfish when it comes to choosing the company you keep. As we've already established, doubters can come in a variety of different forms, and you should

deal with them all in the same way. Find people that share your beliefs, breed positivity and are also on a journey to success.

Don't doubt yourself

This chapter has placed a heavy focus on external doubt that derives from other people's jealousy, pain, and aggression. But, it's important to note that doubt can also come from yourself. It doesn't matter how much effort and dedication you put into battling people that doubt you, if you don't believe in yourself then you will still have a problem. That's because your mind is a powerful tool, and self-doubt will cripple your dreams more than any negative comment, opinion or advice.

The foundation for success is believing in yourself and your dreams first because that will guide you past all the hardship, doubt and adversity. Be optimistic and trust in your ability to achieve something magnificent. You can do anything you put your mind to it!

Find inspiration

Inspiration gives you the mental energy that you need to strive towards your goals unceasingly. It can also be a resource to enhance creativity, improve adaptability and find different approaches. Everyone needs some inspiration otherwise success is hard to come by, it's as simple as that.

But, inspiration is not a bottomless glass, and it needs to be frequently topped up. Put effort into reading success stories that include a journey similar to your own. Listen to podcasts that discuss dreams like yours and learn from people that have been in your situation and who are now prospering.

Dealing with Failures

Yes, failure is something that we all hate, but it's a by-product of overall success, whether we come to terms with that or not. Millions of people fear failure because they dread the negative emotions and long-lasting memories that occur with it. Some people fear it to the extent that they'll do everything in their power to avoid any situation that could potentially lead to failure.

But, failure is a fantastic thing in a weird kind of way. Without failure, we wouldn't have the resources we need to improve, we wouldn't have the knowledge to develop, and we wouldn't have the experience to rely on in the future. If you're still skeptical about failure being a good thing, then find reassurance in the fact that numerous successful people also value failure.

Take Michael Jordan, one of the greatest basketball players to have ever lived. He said, "I've missed more than 9,000 shots in my career. I've lost almost 300 games. On 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life, and that's why I succeed."

If you push for success, you have to take opportunities, overcome hurdles and take risks, and that means failures will occur. But, that quote highlights the fact that successful people embrace mistakes because they are chances to learn. To become successful, you must keep learning and keep demolishing the brick wall of failure.

Now, we understand that dealing with failure is no easy feat. If it were, everyone would be happily successful, and no-one would go through mental trauma on the road to success. But, we've compiled a list of tips that will help you.

Find things to learn

Arguably, the biggest factor in dealing with failure is turning it into something that you can benefit from. Agreed, you didn't achieve what you set out to achieve, but it's important to make the best of a bad situation. By searching for things you can learn from the mistakes you made, you'll give yourself more chance of success the next time around.

Ask yourself why you failed, what you could have done differently and whether external elements played a part in your failure. Essentially, the more you fail, the more you'll learn and the greater your knowledge will be. Of course, you never want to set out to fail, but it underlines the advantages you can source from failure.

Don't let failure define your existence

It's bizarre how many people in the world believe failure becomes a part of their identity. It doesn't. Failure and who you are as a person are completely separate entities and should never intertwine. It doesn't matter whether you've failed once or a thousand times, it doesn't make you a failure. If you personalize failures, you'll end up tormenting yourself and ruining your confidence.

Failure means you just haven't found success yet, but if you keep on trying you'll eventually find a way that works. Those who let failure define them end up giving up and stop trying will not succeed.

Think positively

We live in a society that has brainwashed us into thinking failure represents weakness, lack of ability and shame. That's why so many people have such a bad attitude towards it, and why so many more pass up amazing opportunities to eliminate the chance of experiencing failure. So, it's crucial that you do all you can to stray away from that perspective and establish your personal view.

That view should be a positive one. One that encourages you to believe failure is just a stepping stone towards greater success. When you eradicate your negative interpretation and substitute it for positive thinking, you'll attempt more, overcome more, and most importantly, succeed more.

Look forward not backward

Previous failures have passed. You can't rewind the clock and change any of the mistakes you made, so why torture yourself over them? By having obsessive thoughts over your past failures, you'll only increase the likelihood of experiencing failure again because your mindset will not be in a healthy state. So, while you can't alter the past, you can mold your future.

The only bad thing is, the more you try to stop the thoughts, the more they intensify. Therefore, a superb way to tackle the problem is to give yourself a window to reflect. For 24-hours after you've experienced failure, you can dwell on it as much as you want. But, the next day, it's all about looking forward, progressing and developing.

Don't obsess over other people's thoughts

One of the reasons why people fear failure so much is because they're scared to be judged, disrespected or ridiculed by others. They think that if they fail at something, they're going to be shamed by all those around them. Typically, those extreme beliefs never materialize, and people will probably not even say anything to you.

But, even if others judge you, it's vital to remember that it will not have any effect on your life whatsoever. When you spend too much time worrying about other people's opinions, you start to lose track of where you're heading, and your confidence will suffer a huge dip.

Accept the initial pain

If the failure is still relatively fresh and raw, then you're probably experiencing an abundance of negative emotions that are almost debilitating. That's okay because you're expected to feel like that. So, rather than trying to suppress those feelings, allow them in and manage them while they're there.

When you attempt to hide your feelings and mask them with a smile, they'll only end up lasting longer. Just accept that you're going to feel some unwanted emotions. Enduring that first wave will empower you to regather your thoughts and go again much sooner.

Discover some inspiration

Inspiration comes with a vast array of benefits, and one of those is guiding you through a rough patch. It could be in the form of having a conversation with a friend, listening to a TED talk online or reading a book related to successful people. It doesn't matter how you choose to find inspiration but always ensure that it involves learning how to overcome failure.

For instance, if you read about how a successful individual has been through a similar situation to yours and went on to reach all of their goals, you'll start to believe that you can do the same. The energy that you'll feel gush through your mind and body will encourage you to keep moving forward in search of your dreams.

No Such Thing as Failure

Now, whenever you say this little mantra to someone – “No such thing as failure” – they either dismiss it or they become extremely skeptical. Of course, there is such thing as failure, and you should take all of the tips we've listed above

seriously. But, if you loosely follow the idea that failure doesn't exist, you'll find the path for dealing with it much smoother.

Why? Because then you start to reap all of the brilliant benefits of experiencing failure without ever feeling like you've failed. Make sense? For instance, let's say you're committed to winning a bodybuilding competition. You finetune your diet, stick to a rigorous exercise regime and work hard on your posing routine. When it comes to the competition though, you end up finishing second.

But, because you don't believe in failure, you remain positive and use the judges' feedback to work on your weaknesses and push for improvement the following year. That same philosophy can be applied to everything because failure never has to be viewed as a failure. You can always view it from a positive perspective, and it becomes a way in which you can develop, grow and learn without the mental breakdown.

Moreover, there can't be such thing as failure if you believe that every situation – bad or good – is a progression towards your end goal. Yes, you may experience some bad times, but in the end, you'll be successful as a result of all the little steps that you've taken. Anyway, to give you some inspiration, here are three stories of successful people not accepting failure.

Jay-Z

Over the years, Jay-Z has grown, developed and matured into an extremely wealthy and successful individual. But, his start in life wasn't ideal. He went through childhood in severe poverty in the difficult neighborhoods of Brooklyn, New York. When he discovered his beautiful talent in music, he spent years trying to claim a record deal, to no avail.

With no-one willing to sign him, he decided to go the independent route and started Roc-a-fella Records with two partners. Even after establishing himself, he

still struggled to get a distribution deal for his debut album. Eventually, he signed a contract with Priority, and his first album went platinum.

Oprah Winfrey

Oprah Winfrey is one of the most influential characters in the media industry and a seriously influential philanthropist. But, she's no stranger to setbacks, obstacles, and hurdles. She was born to a single mother who struggled to make ends meet. Throughout her childhood, she endured sexual abuse, and at the age of 14 gave birth to a son who died shortly afterward.

After living with her father, she graduated from college, and a local television station in Tennessee hired her. Not long into her media career, she was cut loose by the producer for being "unfit for television." She didn't give up, though. She relocated to a station in Baltimore and took a talk show from last in the ratings to first. Soon after, the show took on a new name "The Oprah Winfrey Show." You know the rest!

Colonel Sanders

Throughout most of his life, Colonel Sanders wasn't blessed with much money and found it difficult to get people to believe in his ideas. So, how did that white suit and face become so iconic across the globe? Well, when he was 62, with just a \$105 social security check in hand he pitched his now-famous chicken recipe to over 1,000 restaurants.

All of them said no, but he didn't acknowledge it as a failure. He continued pushing for his dream, and eventually secured a restaurant in Salt Lake City, Utah. Due to the delicious taste of the fast-food he was producing, the company grew exponentially. Then, 12 years later at the age of 74, he sold KFC for \$2 million to a consortium of investors. He proved that you could realize success at any point in your life.

Conclusion

It's important to understand that learning how to deal with adversity, doubters, and failure takes time, effort and practice. It's fair to say that you're not going to be a master of your emotions, feelings, and actions overnight. But, the information, tips, and guidance provided in this e-book will empower you to improve at a drastic rate.

No-one is going to help you, though. You're in charge of your own life, so it's down to you to take action and put in the work needed. This e-book alone will not make any difference at all. However, if you combine this e-book with your desire to develop, you'll notice that it becomes easier to deal with difficult aspects of life.

When the negatives begin not to affect your mindset, and you can continuously push towards your goals and dreams, you'll boost the possibility of finding success. Now, success means different things to different people and to avoid any setbacks you should refrain from comparing your progress or lifestyle to others.

Celebrate victories and be happy with what you have. We encourage you to refer back to this e-book when experiences become overwhelming, or you need to refresh your memory. With "When Life Gives You Lemons: Turning Adversity, Doubters, & Failures into Fuel for Success," you'll never feel alone on the path to success again.

The core factions of success are to fight adversity full force, use doubters as motivation and capitalize on failures to grow. But, we want to make sure you have a resource that can speedily flick back to when you're in need of some fast guidance. So, here are some things that you can take away from this e-book from each of the three sections.

Adversity:

- 1) Recall your motivation:** You set a goal for a reason, so when times get tough you must remember why you started.
- 2) Manage your emotions:** Difficult situations produce negative emotions almost immediately. Give yourself time to think, tune into your emotions, and then manage them.
- 3) Support system:** Call on friends and loved ones for advice, guidance, and support. No-one said you had to deal with troublesome situations on your own.

Doubters:

- 1) You have the power:** Doubters may seem oppressive, but you're the one with the power. They can't affect your life, so keep pushing towards your goal.
- 2) Always work hard:** There's no substitute for hard work, and this is even truer when people start to doubt your ability.
- 3) Don't listen too closely:** Allow people to exhaust their doubts by hearing them out, but don't acknowledge their negative comments.

Failures:

- 1) Don't fear them:** Failures should never be feared but instead valued. Without mistakes, you'll never be able to improve yourself.
- 2) Don't personalize them:** Make sure you distinguish your identity from your failures because failures should never define who you are.
- 3) Don't worry about judgment:** People may comment or have their opinions, but they're irrelevant to your journey. Don't let others put you off striving for your goals.