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Unworthy: How to Stop Hating Yourself Paperback – May 19, 2015 by Anneli Rufus (Author)  
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~~Unworthy: How to Stop Hating Yourself: Rufus, Anneli ...~~

Self-loathing is the subject of Anneli Rufus 2014 book Unworthy: How to Stop Hating Yourself. Her book combines psychological research, stories of people (famous and not famous) suffering from self-loathing, and most importantly, firsthand knowledge. On Page 1, Rufus admits that she suffered from this disorder for 40 years.

~~Unworthy: How to Stop Hating Yourself by Anneli Rufus~~

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27 quotes from Unworthy: How to Stop Hating Yourself: ‘ Some of us have spent our whole lives committing suicide. And some of us survived. ’

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## ~~Unworthy Quotes by Anneli Rufus – Goodreads~~

Trying to hold yourself to a standard of perfection will result in spirals of self-loathing. If you want to stop hating yourself, abandon this way of thinking as soon as possible. Stop comparing yourself to people you see on television and in advertisements. Compare yourself to yourself, not to others.

## ~~How to Stop Hating Yourself: 14 Steps (with Pictures ...~~

In *Unworthy: How to Stop Hating Yourself*, Rufus mines the intractable, negative perceptions that she and others have held about themselves, and analyzes the emergence of self-esteem as a goal that ...

## ~~Have Compassion for Yourself – The Atlantic~~

S. Rufus is the author — under the byline Anneli Rufus — of several books including *Unworthy: How to Stop Hating Yourself* (Tarcher Penguin 2014) and continues on the path of addressing self-esteem.

## ~~You Were Not Born with Low Self-Esteem | Spirituality & Health~~

*Unworthy: How to Stop Hating Yourself* (p. 142). Penguin Publishing Group. Kindle Edition. This is part and parcel with lying about your own desires and being chronically indecisive. When people ...

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~~7 Signs That Someone Hates Themselves | by Megan Holstein ...~~

Unworthy : How to Stop Hating Yourself, Paperback by Rufus, Anneli, ISBN 039917513X, ISBN-13 9780399175138, Brand New, Free shipping in the US Using extensive research, interviews and her own experiences, the author, who has struggled with low self-esteem her entire life, explores how a lack of faith in ourselves can turn us into our own worst enemies and what can be done to stop this secret epidemic.

~~Unworthy: How to Stop Hating Yourself by Anneli S. Rufus ...~~

In her informative yet entertaining book, “ Unworthy: How to Stop Hating Yourself, ” Anneli Rufus tells this story: Accepting his third annual Teacher of the Year award, Jeremy gazed out at an ...

~~On Hating Yourself Less – Psych Central~~

In Unworthy, Rufus boldly explores how a lack of faith in ourselves can turn us into our own worst enemies. Drawing on extensive research, enlightening interviews, and her own poignant experiences, Rufus considers the question: What personal, societal, biological, and historical factors coalesced to spark this secret epidemic, and what can be ...

~~Unworthy: How to Stop Hating Yourself – Anneli Rufus ...~~

Stop reminding yourself and others of how your perceived flaws reflect on you. Stop focusing on all the reasons you shouldn ’ t think of yourself as a useful, valuable, deserving person. Swap out the negative self-talk for truer and more positive statements.

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~~How To Stop Hating Yourself (10 indisputable ways to love ...~~

Unworthy: How to Stop Hating Yourself Anneli Rufus. Penguin/Tarcher, \$25.95 (288p) ISBN 978-0-399-16421-7. More By and About This Author. OTHER BOOKS. PARTY OF ONE: The Loners' Manifesto; Stuck ...

~~Nonfiction Book Review: Unworthy: How to Stop Hating ...~~

In her informative yet entertaining book, “ Unworthy: How to Stop Hating Yourself, ” Anneli Rufus tells this story: Accepting his third annual Teacher of the Year award, Jeremy gazed out at an ...

~~On Hating Yourself Less | Everyday Health~~

As I realized while researching my new book Unworthy: How to Stop Hating Yourself , various cultures and spiritualities around the world have different ideas about ego and self-image than the love ...

~~Six Spiritual Gifts of Low Self Esteem By Anneli Rufus | ...~~

“ Unworthy: How to Stop Hating Yourself ” author, Anneli Rufus shares with Susan that “ self-esteem might be the world ’ s most precious commodity ” and how to dismantle the booby=traps that ...

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