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Unworthy How To Stop Hating

Self-loathing is the subject of Anneli Rufus' 2014 book "Unworthy: How to Stop Hating

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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

Unworthy: How to Stop

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intractable, negative
perceptions that she
and others have held
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Penguin/Tarcher,
\$25.95 (288p) ISBN
978-0-399-16421-7.

Rufus (Stuck) provides
a practical, if
heartbreaking,
roadmap for those who
loathe

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Nonfiction Book Review: Unworthy: How to Stop Hating

...

In Unworthy Rufus includes a powerful reminder: “You are astounding just for being human, merely for belonging to this species that is capable of language, laughter, creativity, and love.

**When You Feel
Worthless - Psych**

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