

## Unworthy How To Stop Hating Yourself

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### Unworthy How To Stop Hating

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

Unworthy: How to Stop Hating Yourself Paperback – May 19, 2015 by Anneli Rufus (Author) 3.9 out of 5 stars 111 ratings. See all formats and editions Hide other formats and editions. Price New from Used from Kindle "Please retry" \$12.99 — — Audible Audiobook, Unabridged "Please retry"

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Just because you want to stop hating people doesn't mean you have to open yourself up to people with no limitations. That would only make you hate people who may take advantage of you more. Establishing boundaries is the best thing to do anywhere and everywhere you go. It almost always works!

### Why You Hate People (and 17 Effective Ways to Stop Hating ...

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 ...

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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.'

### Unworthy Quotes by Anneli Rufus - Goodreads

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Unworthy: How to Stop Hating Yourself. Anneli Rufus. Penguin/Tarcher, \$25.95 (288p) ISBN 978-0-399-16421-7. Rufus (Stuck) provides a practical, if heartbreaking, roadmap for those who loathe ...

**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 Central**

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