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**Unworthy How To
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Unworthy: How to Stop Hating
Yourself Paperback – May 19,
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Self-loathing is the subject
of Anneli Rufus 2014 book
Unworthy: How to Stop Hating
Yourself. Her book combines
psychological research,

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Annali Rufus 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.

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27 quotes from Unworthy: How
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whole lives committing
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Rufus — Goodreads~~

Trying to hold yourself to a
standard of perfection will

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Annali Rufus
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

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yourself to yourself, not to
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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.

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~~You Were Not Born with Low
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Unworthy: How to Stop Hating
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Amel Refus, 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.

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In her informative yet
entertaining book,
“Unworthy: How to Stop
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In Unworthy, Rufus boldly

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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

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factors coalesced to spark
this secret epidemic, and
what can be ...

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Amelii 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-

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talk for truer and more
positive statements.

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Unworthy: How to Stop Hating
Yourself Anneli Rufus.

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In her informative yet entertaining book, "Unworthy: How to Stop Hating Yourself," Anneli Rufus tells this story: Accepting his third annual

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Teacher of the Year award,
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As I realized while
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~~1~~... 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

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