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Negative Thoughts  
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Unworthy: How to  
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- May 19, 2015 by

Anneli Rufus

(Author) 3.8 out of

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Self-loathing is the  
subject of Anneli  
Rufus 2014 book  
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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

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yourself: 'Some of us have spent our whole lives committing suicide. And some of us survived.'

~~Unworthy Quotes~~  
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Trying to hold yourself to a standard of perfection will

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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.

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~~How to Stop Hating  
Yourself: 14 Steps  
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In Unworthy: How  
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Yourself, Rufus  
mines the  
intractable,  
negative  
perceptions that  
she and others  
have held about  
themselves, and

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analyzes the  
emergence of self-  
esteem as a goal  
that ...

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S. Rufus is the  
author — under the  
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— of several books  
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research,

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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.

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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

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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 ...

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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.



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“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

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