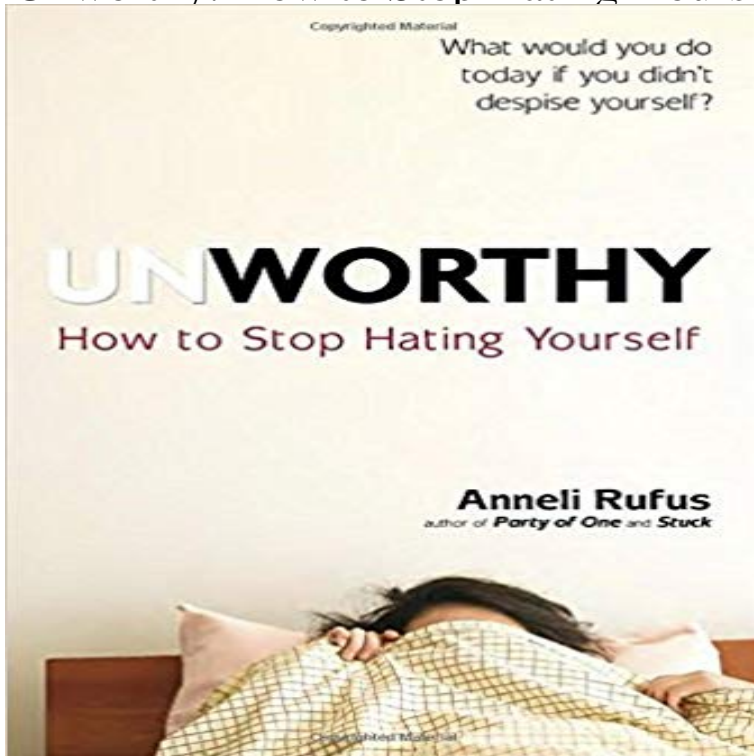


Unworthy: How to Stop Hating Yourself



Self-loathing is a dark land studded with booby traps. Fumbling through its dark underbrush, we cannot see what our trouble actually is: that we are mistaken about ourselves. That we were told lies long ago that we, in love and loyalty and fear, believed. Will we believe ourselves to death? from UnworthyAs someone who has struggled with low self-esteem her entire life, Anneli Rufus knows only too well how the world looks through the eyes of those who are not comfortable in their own skin. 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 done to put a stop to it? She reveals the underlying sources of low self-esteem and leads us through strategies for positive change.

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Through observation and anecdote, she shows us that no matter what was said or done to us, **3 Easy Exercises To Ease Self-Loathing If You Completely Freaking** The NOOK Book (eBook) of the Unworthy: How to Stop Hating Yourself by Anneli Rufus at Barnes & Noble. FREE Shipping on \$25 or more! Unworthy has 319 ratings and 51 reviews. AJ said: I cant say that Im terribly impressed with this book. The premise - that people who hate themselves h

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