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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, stories of people (famous and not famous) suffering

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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 to Stop Hating Yourself: ' Some of us have spent our whole lives committing suicide. And some of us survived. '

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S. Rufus is the author — under the

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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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“ 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

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