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### **Unworthy: How to Stop Hating Yourself by Anneli Rufus**

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## **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.

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Unworthy: How to Stop Hating Yourself. Anneli Rufus.  
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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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