



# Unworthy: How to Stop Hating Yourself

*Anneli Rufus*

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**“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 *Unworthy***

As 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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