



There Is Nothing Wrong with You: Going Beyond Self-Hate

Cheri Huber

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This book reveals the origin of self-hate, how self-hate works, how to identify it, and how to go beyond it. It provides examples of some of the forms self-hate takes, including taking blame but not credit, holding grudges, and trying to be perfect, and explores the many facets of self-hate, including its role in addiction, the battering cycle, and the illusion of control. After addressing these factors, it illustrates how a meditation practice can be developed and practiced in efforts to free oneself from self-hating beliefs.

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