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REGARDLESS OF WHAT YOU WERE TAUGHT TO BELIEVE...

THERE IS NOTHING WRONG WITH YOU

REVISED EDITION

GOING BEYOND SELF-HATE

A COMPASSIONATE PROCESS FOR LEARNING TO
ACCEPT YOURSELF EXACTLY AS YOU ARE



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Cheri Huber

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



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This book reveals the origin of self-hate, how self-hate works, how exactly to identify it, and how to exceed it. After addressing these factors, it illustrates what sort of meditation practice could be created and practiced in efforts to free oneself from self-hating beliefs. It provides examples of some of the forms self-hate takes, including taking blame however, not credit, holding grudges, and attempting to be perfect, and explores the many areas of self-hate, including its role in addiction, the battering cycle, and the illusion of control.



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Excellent book, straightforward, full of simple wisdom Cheri Huber is a good author. She makes so much sense. She is a Zen instructor, and incredibly wise. Personally, I like the design of all her books. Therefore many reports are quoted! Provides books sort of a breezy, familiar feeling, just like a very smart friend just left you an email on the kitchen table. Occasionally self-help books are so loaded with scholarship, they are intimidating. As if you have to be a university graduate just to understand them. This book is beautifully created and puts things plain and simple. They use a handwritten-looking font and a few cute, simple series drawings. And, actually, you know. Such a long list of references! . . . they don't need to be that way. I sped through that one and liked every minute of it. Not really necessary rather than really useful. I love this book. They simply make sense. Your value in this publication is within your own mind's ability to recognize and relate with Cheri's work. Her grasp of human being societal conditioning, the formation of the ego, the creation of a separate self, and the delusions most of us develop to varying degrees, is normally to me, amazing. I asked her about her positive attitude and stated she reads ALOT. She shows you basic solutions. Identify yourself and heal. To those people who can't stand this design and think it appears unprofessional, let me just say: browse it before you judge it. These books are particular. It's so easy to go through and is really a book to keep at your bedside to consult if you need to improve. I believe these books actually help people, really present a better way to comprehend yourself and make positive changes in your life. The solutions to human complications are basic, but create profound switch. That being said, she has shown to be, to me, a very long time seeker and student of both Psy, Dharma, and my very own issues as a sentient getting, that Cheri's insight into the human mind, especially into the developing mind of the kid we all once were, is extremely profound, revelatory, and of an even of insight I find amazing. Huber network marketing leads the reader through the origins of human being issues like depression, fear, shame, etc. SHE ALONE HAS AT LAST GIVEN ME THE TOOLS TO FLEE A LIFELONG ISSUE OF SELF-SABOTAGE, SELF-WORTH, SELF-DEPRECIATION AND PATTERNS OF MISPERCEIVED FAILURE. I share that with the globe in my love for that part of every one of us that's in me. Dr. And I asked her what she acquired read that she sensed will be helpful to my personal growth and she recommended this book and some others. You must recognize yourself in her composing before it can truly help you, if you cannot look within with honesty, it might be of no value to you. But for most, I contemplate it a must browse for being a individual and finding how truly to live your personal life without suffering whatever simply is so. Good! So I discover Cheri Huber's books to end up being refreshing. I thought it got right down to the real basics of why we feel just like there's something wrong around and things we carry out to try to compensate and got me to understand it deep down there is actually nothing wrong with me therefore I need not spend time agonizing over trying to persuade the world that We are worth something therefore I can put my energy into something else more productive than living lifestyle based on a lie that I'm inadequate. I do recommend this reserve I think a lot of people would reap the benefits of it Changed my life This book has truly helped put me on the path of healing. I've hardly ever read something therefore pertinent to my life. I now try to interject positivity and personal care whereas I didn't before. Easy reading, helpful My 25 year older niece can be an amazing dude and she told me about this publication and others that she had read. Lately, I've lost interest in reading and it became a chore to choose a book and make an effort to finish it. All those graphs, charts, lists, bullet points, and footnotes can be really off-putting. I frequently found myself pausing, because Cheri stated a thing that was so profound. Oh, the little illustrations are engaging as well. I had an enormous problem with bad thinking and always feeling like I required validation that I was making the right

decisions. She's acquired many struggles in her existence and she grows from those troubles. and clears up a whole lot of nonsense. Huber is a profoundly astute teacher who, by her deep insights in to the birth of the human BEing in a socially conditioned globe by untrained, unprepared parents who have no clue or teaching on how to focus their consciousness to what a child needs most, can help anyone who can introspect and have insight into their personal patterns. I am 54 and I discovered that I can learn something or two from the younger generation. I bought a complete of 3, one for me, my 20 year previous daughter and my older sister. Life changing I've read a huge selection of spiritual/self help books, nothing at all comes close to Huber's books when it comes to actual impact. That is a book where one can open up to any page and be inspired. Incredibly Insightful Psychotherapist and Zen Master I Knows What Happened for you. Awesome book! This book nailed it! I now trust myself. It looks like all that stuff is certainly in there just to impress people. The publication isn't your standard self-help read. It can an excellent job illuminating the issue without the usage of example stories that i LOVE! It has been tremendously helpful and I would suggest it to anyone Emphasizes Compassion and Acceptance The font face felt childish initially, but quickly grew right into a comforting voice. This reserve is for anybody who grew up in a critical environment and continued getting self-critical as a grown-up. There were a whole lot of insightful occasions, and I definitely gained more perspective. I liked their other book, "Be the Person You wish to Find" better, but I'm glad I acquired both! Five Stars Great Book Love it Great book, very easy to read Four Stars its a book.



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