



# Self-Loathing for Beginners

*Lynn Phillips*

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## Self-Loathing for Beginners Lynn Phillips

*Self-Loathing for Beginners* is a wickedly funny take on our relentlessly upbeat self-improvement culture. Breaking ranks with the happiness police who have convinced us that self-loathing is just one more thing to hate about ourselves, author Lynn Phillips will show you, the beginning self-loather, how to self-loathe properly. By studying this book's mini-essays, Q&As, mantras, and tips from self-loathing masters, you will learn the most effective ways to develop your self-loathing potential. Whether you are sabotaging your career, bungling a relationship, or cheating on the latest fad diet, *Self-Loathing for Beginners* is the essential primer on how best to despise yourself!

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