



# Feeling Like Crap: Young People and the Meaning of Self-Esteem

*Nick Luxmoore*

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## **Feeling Like Crap: Young People and the Meaning of Self-Esteem** Nick Luxmoore

We use the word all the time, but what exactly is self-esteem, and how do young people develop it? *Feeling Like Crap* explores how a young person's self is constructed, and what might really help that self to feel more valued and confident. Through accounts of his individual and group work with young people, Nick Luxmoore demonstrates how listening to, engaging with and being respectful of young people can provide the support they need to help them repair their sense of self and offer them new possibilities and directions in life.

When Grace was three, her parents split up and she went to live with her father while her sister stayed with their mother. Allie has slipped behind with her school work since falling out with her best friend, and any positive feelings about himself that Conor may have dared to develop have been beaten out of him by his father.

This compassionate and thought-provoking book will be an invaluable resource for counsellors, teachers, youth workers, and anyone else working to help young people with self-esteem issues.

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