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[Feeling Like Crap: Young People and the Meaning of Self ...](#)

This book is an invaluable resource for anyone working with adolescents and in particular, with those young people who feel they lack personal efficacy; those who, as the title declares, feel like crap. Nick Luxmoore works with young people and has 30 year's experience in the field.

[Feeling Like Crap: Young People and the Meaning of Self ...](#)

[Feeling Like Crap: Young People and the Meaning of Self-Esteem eBook: Nick Luxmoore: Amazon.ca: Kindle Store](#)

[Feeling Like Crap: Young People and the Meaning of Self ...](#)

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

[Nick Luxmoore | Psychology Today](#)

Nick Luxmoore is a trainer, clinical supervisor, school counsellor, teacher, youth worker and psychodrama psychotherapist (UKCP registered). He has 40 years' experience of working with young

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[Feeling Like Crap - Young People and the Meaning of Self-Esteem](#)

[Feeling Like Crap : Nick Luxmoore : 9781843106821](#)

Feeling like Crap helps to inform understanding of self-esteem and, more importantly, how to work with young

people who present with varied life stories, the reader can better understand how young people's environment and their early experiences significantly impact on their confidence and hopes for the future.

Feeling Like Crap: Young People and the Meaning of Self ...

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