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Titolo	Feeling like crap [[electronic resource]] : young people and the meaning of self-esteem / / Nick Luxmoore
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2008
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Sommario/riassunto	Feeling Like Crap explores how a young person's self is constructed, and what might help that self to feel more valued and confident. It 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.