

1. Record Nr.	UNINA9910819356003321
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Titolo	Feeling like crap : young people and the meaning of self-esteem / / Nick Luxmoore
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2008
ISBN	1-281-78247-5 9786611782474 1-84642-819-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (164 p.)
Disciplina	155.5/182
Soggetti	Self-esteem in adolescence Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	FRONT COVER; Feeling Like Crap; Young People and the Meaning of Self-Esteem; Contents; CHAPTER 1. Introduction; CHAPTER 2. A Developing Self; Pete's crap; Conor's ache; Jade's way of attaching; Grace's missing story; Allie's best friend; Ledley's greatest fights; First session; Second session; Third session; Fourth session; CHAPTER 3. A Fragmented Self; A developmental self; Acultural self; A student self; A social self; A filial self; A gendered self; A somatic self; A sexual self; A spiritual self; Fragmented selves; CHAPTER 4. A 'School' Self; CHAPTER 5. A Potential Self; REFERENCES; INDEX BACK COVER
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.