

**FEELING LIKE CRAP: YOUNG PEOPLE AND THE  
MEANING OF SELF-ESTEEM**

Ellen Ranft

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**Feeling Like Crap : 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.

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It is an engaging read with the young people at the forefront with the stories of Pete, Connor, Jade, Grace, Allie, and Ledley taking centre stage with their internal and external struggles to be seen or seen in a different way shown through their narratives. Or, get it for Kobo Super Points! A Mind of Its Own. It'sAllAbsolutelyFine.EmailtoaFriend. We'll publish them on our site once we've reviewed. Your display name should be at least 2 characters long. Free to Learn Peter Gray. Itisanengagingreadwiththeyoungpeopleattheforefrontwiththestoriesalso highlights how as counsellors working with young people we need to keep an open mind and be flexible in our approach.