



Helping Adolescents and Adults to Build Self-Esteem: A Photocopiable Resource Book

Deborah Plummer

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Packed with activities and helpful advice, this resource is designed for professionals working to help adolescents and adults break the destructive cycle of low self-esteem.

This fully updated new edition of Deborah M. Plummer's popular resource is filled with practical ideas for building healthy self-esteem. Easy-to-use photocopiable activity sheets encourage participants to use existing skills and develop new techniques to nurture confidence and feelings of self-worth. These are complemented by relaxation and breath control exercises, and expanded theoretical chapters that explains what healthy self-esteem is, why people may have low self-esteem and the consequences that can result from it.

Suitable for work with individuals and groups in a wide range of educational and therapeutic settings, this resource will prove indispensable to teachers, speech and language therapists, professionals working in adult education centres, counsellors at schools and universities, social workers and other individuals working with young people.

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