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Sommario/riassunto	There is a growing theoretical and practical interest in the topic of metacognition; how we monitor and control our mental processes. Applied Metacognition provides a coherent and up-to-date overview of the relation between theories in metacognition and their application in real-world situations. As well as a theoretical overview, there are substantive chapters covering metacognition in three areas of application: metacognition in education, metacognition in everyday life memory and metacognition in different populations. A diverse range of topics are covered such as how we judge our own learning, why we create false beliefs about our past, how children learn to monitor and control their memory, how well eyewitnesses can judge the accuracy of

their own memories and how memory judgements change across the lifespan. The book has contributions from many of the leading researchers in metacognition from around the world.
