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	Sommario/riassunto	Change is often a mystery, one that baffles doctors, therapists, teachers, coaches, parents-and especially those of us who struggle to alter bad habits or simply make lasting improvements in our lives. Why do we suddenly change for the better after years of failed efforts? Why do some of us never escape our self-destructive behaviors, even when we desperately want to? What is it that most reliably and effectively produces growth, learning and development that persist over time? In

this vividly written volume, psychotherapist Jeffrey Kottler weaves together inspiring stories and the latest rese