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Autore	Kanerva Minna (Universitat Bremen, Deutschland)
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Sommario/riassunto	Social practice theories help to challenge the often hidden paradigms, worldviews, and values at the basis of many unsustainable practices. Discourses and their boundaries define what is seen as possible, as well as the range of issues and their solutions. By exploring the connections between practices and discourses, Minna Kanerva develops a conceptual approach enabling purposive change in unsustainable social practices. Radical transformation towards new meatways is arguably necessary, yet complex psychological, ideological, and power- related mechanisms currently inhibit change.