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Autore	Tennant Mark
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Nota di contenuto	The Learning Self: Understanding the Potential for Transformation; Contents; Preface; About the Author; 1. Introduction; 2. The Authentic or Real Self; 3. The Autonomous Self; 4. The Repressed Self; 5. The Socially Constructed Self; 6. The Storied Self; 7. Knowing Oneself; 8. Controlling Oneself; 9. Caring for Oneself; 10. (Re)creating Oneself; References; Index
Sommario/riassunto	This new book from the award-winning author of Psychology and Adult Learning puts the spotlight on the kind of learning that brings about significant personal change. Tennant explores the techniques, processes, and practices educators can use to promote learning that leads to change and examines assumptions about self and identity, how we are formed, and our capacity for change. Throughout the book, Tennant posits that individuals can be agents in their own self-formation and change by understanding and acting on the circumstances and forces that surround and shape them. Educat