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Sommario/riassunto

Arising from a research project conducted over two years, Transformative Learning through Creative Life Writing examines the effects of fictional autobiography on adult learners' sense of self. Starting from a teaching and learning perspective, Hunt draws together ideas from psychodynamic psychotherapy, literary and learning theory, and work in the cognitive and neurosciences of the self and consciousness, to argue that creative life writing undertaken in a supportive learning environment, alongside opportunities for critical reflection, has the power to transform the way people think and learn.
