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Sommario/riassunto	Achieving a sustainable society is the biggest issue of our time. It is not an issue confined to a particular subject area or to certain jobs. It is a way of thinking and behaving that will need to be embedded in all aspects of all of our lives. The Sustainable Self is the perfect resource for lecturers, trainers, students and professionals of any discipline who need to teach or learn about sustainability. There is widespread agreement that we need to live more sustainable lives. But when up against entrenched habits and everyday obstacles, it can be difficult to turn good intentions into acti