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Sommario/riassunto	Motivational interviewing is an evidence-based communication style designed to facilitate positive change. It is practised by professionals from many disciplines and training backgrounds and applied in a variety of settings ranging from criminal justice, to medicine and health care, to mental health and substance abuse treatment. Because of its broad applicability, the demand for training and resources for learning and applying MI has increased. This title is a straightforward and easy-to-use reference for those interested in MI.