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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	A personal quest -- Introduction to classic social psychology experiments -- Understanding systems, part I : systems dynamics -- Understanding systems, part II : development towards complexity, fractals, and the hidden process driving social change -- The separation exercises -- Findings at the interpersonal and intergroup levels -- The whole system level of analysis -- Lessons for the real world part I : understanding systems thinking and the process of awakening -- Lessons for the real world part II : on power, control, and the interconnectedness of our inner and outer worlds -- The (dual) call to action.