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Nota di contenuto	Machine generated contents note: Chapter 1 Mixed Messages -- Chapter 2 Personal Well-Being -- Chapter 3 Psychological Needs -- Chapter 4 Insecurity -- Chapter 5 Fragile Self-Worth -- Chapter 6 Poor Relationships -- Chapter 7 The Chains of Materialism -- Chapter 8 Family, Community, and the Earth -- Chapter 9 Making Change.
Sommario/riassunto	A study of how materialism and consumerism undermine our quality of life.