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Sommario/riassunto	The high-resolution palynological study of the varved sediments of Lake Montcortès has provided a unique record of the regional vegetation shifts over the last 3000 years and of the natural and anthropogenic drivers of ecological change, unparalleled in the Mediterranean. This book shows in detail how the terrestrial ecosystems of Montcortès have responded to climatic events such as the Medieval Climate Anomaly or the Little Ice Age, as well as to varying

intensities of anthropogenic pressure from the Bronze Age to the present. The knowledge gained from this palaeoecological study is useful not only for understanding how the modern landscapes of the Pyrenees were shaped, but also for conserving biodiversity and ecosystems in the face of future environmental changes related to ongoing global change. The book is aimed at researchers, university teachers and advanced graduate students in a wide range of disciplines including ecology, palaeoecology, environmental science, biodiversity, geography, sedimentology, archaeology, anthropology, and biodiversity conservation.