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Autore	Monet Rene
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Sommario/riassunto	René Monet's book addresses the critical issue of overpopulation and its impact on environmental degradation. The author argues that without controlling human population growth, efforts to protect the natural environment will be ineffective. Monet integrates Darwinian principles to explain the interconnectedness of human species and the natural world, challenging the notion of humans as a 'chosen species.' The updated edition includes revised statistical data and corrections to previous errors. Aimed at readers interested in biology, ecology, and environmental issues, the book seeks to raise awareness about the necessity of achieving demographic balance to ensure the sustainability of our biological environment.