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Sommario/riassunto	This book is based on current trends in health care politics that emphasize user involvement, and positive aspects of health and quality of life. It offers a theoretical and empirical exploration of the idea that therapy is as much about stimulating clients' strengths as it is about fixing problems or curing pathology. The resource-oriented approach presented relates to a broad, interdisciplinary landscape of theory including empowerment philosophy, positive psychology, and current musicology.

