## Contents

Contributors			xxi
1.	Ove	Phenomenon of Self-Change: rview and Key Issues	1
2.	Self-Change from Alcohol and Drug Abuse: Often-Cited Classics  Jan Blomqvist		
3.	Natural Recovery or Recovery without Treatment from Alcohol and Drug Problems as Seen from Survey Data		
4.	Remission without Formal Help: New Directions in Studies Using Survey Data  Hans-Jürgen Rumpf, Gallus Bischof, and Ulrich John		
5.	Natural Recovery from Alcohol and Drug Problems:  A Methodological Review of the Literature from 1999 through 2005		87
6.	Self-	Change in a Broader Context: Beyond Alcohol and Drugs  Self-Change: The Rule among Smokers  Stephanie Flöter and Christoph Kröger	
	6.2	Natural Recovery from Problem Gambling  Tony Toneatto and Jachen C. Nett	113
	6.3	The Natural Course and Outcome of Eating Disorders and Obesity	119

	<i>a</i> , ,
XX	Contents
$\Lambda\Lambda$	Contents

	6.4	Spontaneous Desistance from Crime	127	
	6.5	Self-Change from Stuttering: An Overview	139	
7.	in Cl	Way to Leave Your Lover: The Role of Treatment nanging Addictive Behaviorsk B. Sobell	151	
8.	to th	noting Self-Change: Taking the Treatment e Community	163	
9.	Som	ile and Favorable Societal Climates for Self-Change: e Lessons for Policymakers ald Klingemann and Justyna Klingemann	187	
10.		aral Recovery: A Cross-Cultural Perspective	213	
11.	and and	Change Toolbox: Tools, Tips, Websites, Other Informational Resources for Assessing Promoting Self-Change  rew Voluse, Joachim Körkel, and Linda Carter Sobell	239	
Index				