



# **Promoting Self-Change From Addictive Behaviors: Practical Implications for Policy, Prevention, and Treatment**

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## Promoting Self-Change From Addictive Behaviors: Practical Implications for Policy, Prevention, and Treatment

One of the few books on the topic, this updated edition offers alternatives to disease models of addiction by exploring personal pathways to recovery. Focusing on alcohol and drug problems, it provides a literature review of 40 years of studies on self-change with particular emphasis on the current decade and methodological issues (starting with how much or how little treatment constitutes "treatment"). The 24 experts keep the coverage consistently readable, and dozens of brief narratives from individuals who have successfully recovered from an addictive behavior without formal help lend valuable personal perspectives.

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