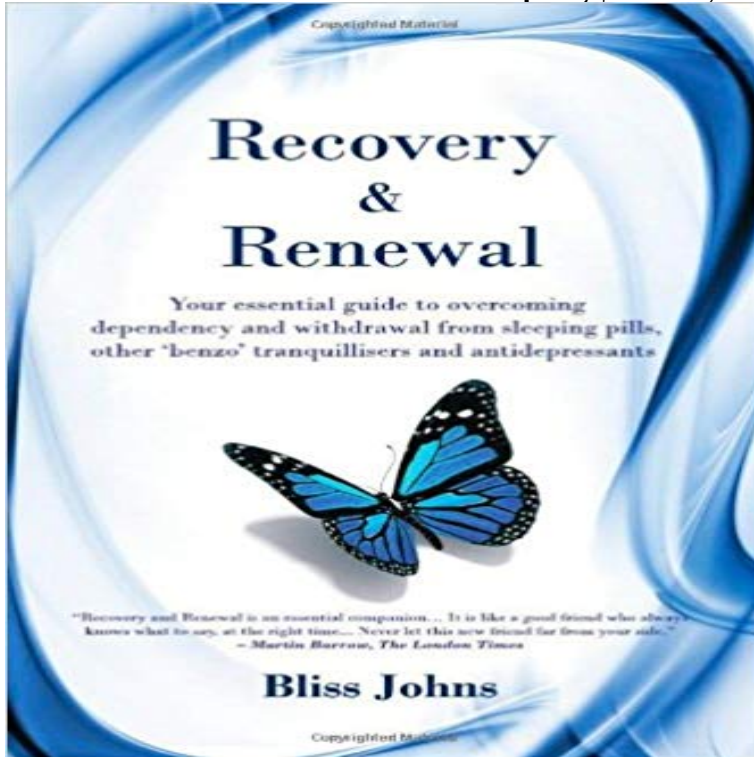


Recovery & Renewal: Your Essential Guide to Overcoming Dependency and Withdrawal from Sleeping Pills, Other Benzo Tranquillisers and Ant



Recovery and Renewal is an essential guide for overcoming dependency and withdrawal from sleeping pills, other benzodiazepine tranquilisers and antidepressants. It is a useful, insightful and incredibly courageous book which delivers everything you need to know before, during and after. Family and friends will better understand the experience and will be equipped to give support. Doctors, counsellors, rehabilitation staff, recovery and mental health organisations will gain invaluable insight critical to providing best care.

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