

Peter Lehmann (Ed.)

Coming off Psychiatric Drugs

Successful Withdrawal from Neuroleptics, Antidepressants, Lithium, Carbamazepine and Tranquilizers

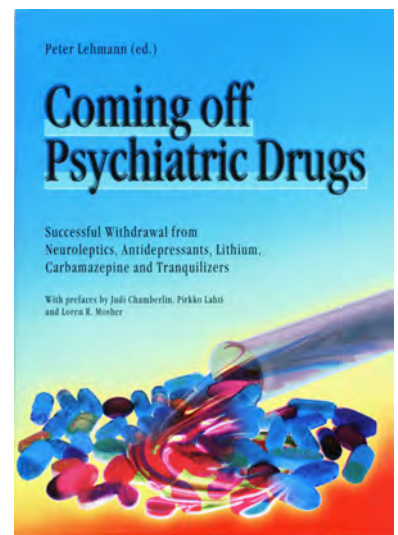
Prefaces by Judi Chamberlin, Pirkko Lahti and Loren R. Mosher

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The world-wide first book about *Successful coming down from psychiatric drugs*.

The book has a provocative message: life-experiences sometimes differ from scientific agreements. Based on the personal experiences of (ex-) users and survivors of psychiatry and the few professionals who assist people to come off psychiatric drugs, the book is a good place to open the discussion. The book should be available in every medical practice, in every therapeutic ward, in every patients' library.

Pirkko Lahti, President of the World Federation for Mental Health, 2001-2003

This book is a must read for anyone who might consider taking or no longer taking these mind altering legal drugs and perhaps even more so for those able to prescribe them.

Loren R. Mosher MD, Soteria Associates, San Diego

Millions of people are taking psychiatric drugs like Haloperidol, Prozac, Risperidone or Zyprexa. To them, detailed accounts of how others came off these substances without once again ending up in the doctor's office are of fundamental interest. In *Coming off Psychiatric Drugs*, 28 people from Australia, Austria, Belgium, Denmark, England, Germany, Hungary, Japan, Netherlands, New Zealand, Serbia, Sweden, Switzerland and the USA write about their experiences with withdrawal. Additionally, eight professionals, working in psychotherapy, medicine, psychiatry, social work, natural healing and even in a runaway house, report on how they helped in the withdrawal process.

Chapters: The decision to withdraw · To withdraw without pharmacogenic problems · Coming off step by step · Counterweights · With professional help · Better sometimes than forever · Professional acting · The time after

Authors: Karl Bach Jensen · Wilma Boevink · Michael Chmela · Gábor Gombos · Katalin Gombos · Maths Jespersen · Kerstin Kempker · Eiko Nagano · Mary Nettle · Una M. Parker · Erwin Redig · Marc Rufer · Jasna Russo · Lynne Setter · David Webb · Josef Zehentbauer · Katherine Zurcher · and many more

➔ More about the book see www.peter-lehmann-publishing.com/withdraw.htm



About the editor

Education as social-pedagogist. Survivor of psychiatry, living in Berlin. Author and publisher since 1986, then foundation of Peter Lehmann Publishing. From 1997 to 2000, board-member of Mental Health Europe, the European section of the World Federation for Mental Health. From 2002 to 2004, Secretary of the European Network of (ex-)Users and Survivors of Psychiatry (ENUSP), since 2004, board-member for the North-East European region (August 2004).

➔ More about the editor see www.peter-lehmann.de/inter

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