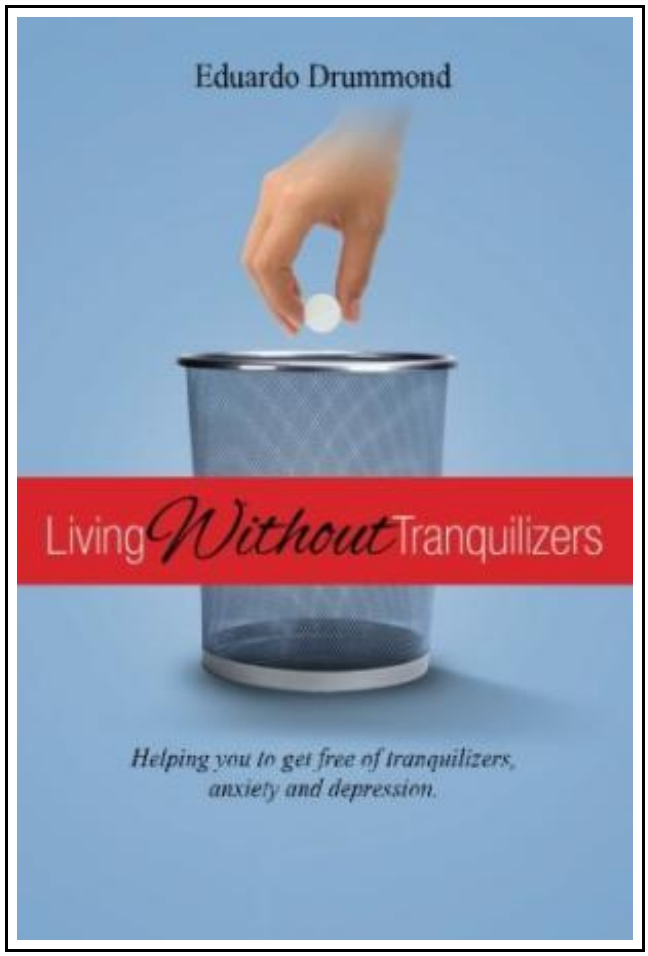
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Definitely one of the better book We have possibly read. We have read through and i also am certain that i am going to gonna study once again yet again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Enrique Labadie)

LIVING WITHOUT TRANQUILIZERS: HELPING YOU TO GET FREE OF TRANQUILIZERS, ANXIETY AND DEPRESSION (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If You have been taking tranquilizers for many years, have you ever felt completely destabilized, anxious or depressed because in a certain day you did not take the medication? If yes, what you probably felt was an abstinence crisis. It happens to all users after three weeks of continuous use, even if you followed all rules from your doctor. Millions of people are dependent on them and already felt the same. The pharmaceutical industry and doctors encourage you to use these drugs, but most of the time they do not make clear the risks of addiction and how to stop using it. Nobody also warns you about the information below: The tranquilizers or benzodiazepines are prescribed for anxiety and sleep. But in the long run, the more you use it, more likely to have increased anxiety, depression and impaired quality of sleep. Several studies show that the use of these drugs is associated with an increase of approximately 50 in the risk of dementia. For dementia you can understand, for example, Alzheimer s disease. The fact is that the more diagnostics, more people classified as sick will have to make use of medications. There is a growing tendency to medicalize normal patterns of behavior and mood. The reductionist and convenient hypothesis that anxiety and depression are purely genetic or chemical problems, causes people to have the illusion that the remedies are the ultimate solution for their problems. The biggest beneficiary of this is the pharmaceutical industry. If you think about it, probably your cubicle neighbor at work or your residence neighbor is likely to be a user of tranquilizers. The recovery of the drug dependence...

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