

Stopping Anxiety Medication



[Stopping Anxiety Medication_ 下载链接1](#)

著者:Otto, Michael W./ Pollack, Mark H.

出版者:

出版时间:2009-3

装帧:

isbn:9780195338546

Stopping Anxiety Medication Therapist Guide, Second Edition outlines a treatment program for individuals who have difficulties with anxiety and panic to discontinue using medication, specifically benzodiazepines otherwise known as minor tranquilizers. These medications can be habit-forming and individuals may have trouble reducing their dosage. Many people wish to taper their use of these medicines for various reasons including, a planned pregnancy, personal preference, bothersome side effects, etc.

作者介绍:

目录:

[Stopping Anxiety Medication_ 下载链接1](#)

标签

评论

[Stopping Anxiety Medication_ 下载链接1](#)

书评

[Stopping Anxiety Medication_ 下载链接1](#)