



Recovery and Renewal: Your essential guide to overcoming dependency and withdrawal from sleeping pills, other 'benzo' tranquillisers and antidepressants Revised Edition

Baylissa Frederick

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This easy-to-read, inspirational and supportive guide is essential reading for anyone struggling to overcome prescription drug dependency.

Drawn from the author's personal knowledge of coming off benzodiazepine tranquillisers and her experience as a counsellor, this book explores everything you need to know before, during and after withdrawal, from how to recognise the symptoms to how to manage them and make firm steps towards recovery. With a focus on recovery and empowerment, it provides all the practical and emotional support needed to help you cope and regain control.

This book will be a lifeline for anyone taking or withdrawing from sleeping pills, other benzodiazepine tranquillisers and antidepressants. It will also equip family and friends to offer support and provide counsellors, psychotherapists, complementary therapists and other health professionals with invaluable insight critical to providing best care.

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