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From the author of "*Brain Renovation*"

the SOFT LANDING METHOD

FOR QUITTING ANTIDEPRESSANTS

*A gentle, science-based program
for quitting antidepressants,
minus the crash*



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THE SOFT LANDING METHOD FOR QUITTING ANTIDEPRESSANTS - A GENTLE, SCIENCE-BASED PROGRAM FOR QUITTING ANTIDEPRESSANTS, MINUS THE CRASH BY PDF

Completely updated for 2016 with the latest advanced in our understanding of SSRI Discontinuation Everything you need to know to ensure you have a "soft landing" as you come off antidepressants A guide to getting off SSRI antidepressants and starting your drug free life again, from Benjamin Kramer, best-selling author of "Brain Renovation".

In this clear and concise guide, Benjamin Kramer gives you an easy to implement blueprint for coming off antidepressants such as SSRIs (Selective Serotonin Re-uptake Inhibitors) using a variety of little-known techniques and tips.

With a scientifically-designed tapering plan, including the use of certain other drugs and supplements where required, you can avoid coming in for landing too hard and crashing. Done properly, you CAN have a soft landing off antidepressants.

If you are reading this, you are probably taking one of the following drugs and have decided that it is time to slowly start tapering down -

- Prozac (Fluoxetine)
- Lexapro (Escitalopram)
- Zoloft (Sertraline)
- Effexor (Venlafaxine)
- Cymbalta (Duloxetine)

Or one of the other atypical antidepressants such as mirtazapine (Remeron/Avanza), buspirone (Buspar), tianeptine (Stablon) or moclobemide (Aurorix)

In his typical balanced style, Kramer does not tell you whether you should or shouldn't be on antidepressants. This is a decision for you and your doctor. Antidepressants help a lot of people around the world get their life back and regain the ability to enjoy living again.

However, if the decision has been made to stop taking antidepressants, this book contains all the information you will need to succeed, including -

- Planning ahead to maximize your chances of success
- Lifestyle changes that may be required during and after the process of quitting
- How to minimize the nasty effects of 'discontinuation syndrome', where your body takes time to adjust to life without the drug in your system

- The correct nutrition to rebuild your brain
- Recommended supplements to assist the process
- Potential short term medication options to manage the acute phase

??? Kramer doesn't promise it will be a walk in the park. However what he does make clear is that with a little effort and planning, you can regain your drug free life again.

- Sales Rank: #167278 in eBooks
- Published on: 2014-07-26
- Released on: 2014-07-26
- Format: Kindle eBook

Most helpful customer reviews

0 of 0 people found the following review helpful.

encouraging

By Karen J Gleason

Informative and gently understanding. I think I will go back to this book whenever I need encouragement on my road to fully leaving behind anti depressants. I like that this book covered natural supplements and foods that will help with the process of recovery.

0 of 0 people found the following review helpful.

very thorough

By critters

This book is very thorough, yet it is very alternative and VERY anti-vegetarian and anti-vegan. It's definitely a good look-see if you want to stop antidepressants. I've done it, and it CAN be done (vegetarian and all).

0 of 0 people found the following review helpful.

Cannot recommend it enough

By Roxana S.

Helped me a lot when I quit antidepressants.

Unfortunately most doctors are clueless about the time it takes for your body to adjust after quitting.

Highly recommended!

See all 7 customer reviews...

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