

Escape from Tranquillizers and Sleeping Pills: Withdrawal Plan



Tens of thousands of people have been made ill simply because, for too long, they took a legally prescribed medicine. This is a plan for all those who want to find a method of losing their dependency on tranquillizers or sleeping pills. Neild, a counsellor, has set out his practical and sympathetic advice for a gradual weaning-off process which, combined with breathing exercises and a healthy diet, has already had a success rate.

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