

Peter Lehmann (Ed.)

Coming off Psychiatric Drugs

Successful Withdrawal from Neuroleptics, Antidepressants, Lithium, Carbamazepine and Tranquilizers

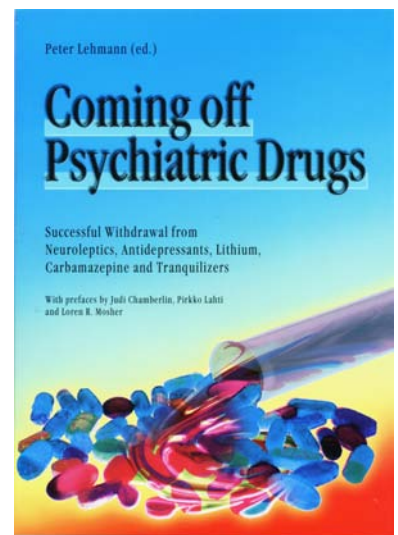
Prefaces by Judi Chamberlin, Pirkko Lahti and Loren R. Mosher

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The first book in the world about the issue of successfully coming off psychiatric drugs.

The book has a provocative message: life-experiences sometimes differ from scientific agreements. Based on the personal experiences of (ex-) users and survivors of psychiatry and the few professionals who assist people to come off psychiatric drugs, the book is a good place to open the discussion. The book should be available in every medical practice, in every therapeutic ward, in every patient library.

Pirkko Lahti, President of the World Federation for Mental Health, 2001-2003

This book is a must read for anyone who might consider taking or no longer taking these mind altering legal drugs and perhaps even more so for those able to prescribe them.

Loren R. Mosher MD, Soteria Associates, San Diego

Millions of people are taking psychiatric drugs, such as Haloperidol, Prozac, Risperidone or Zyprexa; for them, detailed accounts of how others came off these substances without ending up in the doctor's office, are of fundamental interest. In this manual, 28 former psychiatric patients from Australia, Austria, Belgium, Denmark, England, Germany, Hungary, Japan, Netherlands, New Zealand, Serbia, Sweden, Switzerland and the USA write about their experiences with withdrawal. Additionally, eight professionals, working in psychotherapy, medicine, psychiatry, social work, natural healing and even in a runaway-house, report on how they help in the withdrawal process.

Chapters: The decision to withdraw · To withdraw without pharmacogenic problems · Coming off step by step · Counterweights · With professional help · Better sometimes than forever · Professional support · The time after

Authors: Karl Bach Jensen · Wilma Boevink · Michael Chmela · Gábor Gombos · Katalin Gombos · Maths Jespersen · Kerstin Kempker · Eiko Nagano · Mary Nettle · Una M. Parker · Erwin Redig · Marc Rufer · Jasna Russo · Lynne Setter · David Webb · Josef Zehentbauer · Katherine Zurcher · and many more

➔ More about the book see www.peter-lehmann-publishing.com/books1/withdraw.htm



About the editor: Education in [social pedagogy](#). Living in Berlin. Author and editor since 1986. In 1991, co-founder of the [European Network of \(ex-\) Users and Survivors of Psychiatry \(ENUSP\)](#); from 1997 to 1999, Chair of ENUSP; until 2010, board member. In 2010, awarded with an [Honorary Doctorate](#) in acknowledgement of “exceptional scientific and humanitarian contribution to the rights of the people with psychiatric experience.” In 2011, awarded the Order of Merit of the Federal Republic of Germany by the President of Germany.

➔ More about Peter Lehmann see www.peter-lehmann.de/inter

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