

Download Stopping Anxiety Medication Therapist Guide Treatments That Work

Stopping Anxiety Medication Therapist Guide (Treatments That Work): 9780195338546: Medicine & Health Science Books @ Amazon.com Skip to main content Try Prime __count__ / __total__ YouTube TV - Live TV like never before Hydroxyzine (Atarax, Vistaril) is another medication prescribed for anxiety. It's an antihistamine that's used to treat allergic reactions, but this particular form of antihistamine has an effect on the processing of serotonin. They act quickly, like benzodiazepines, but, unlike benzodiazepines, ... 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.