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Sommario/riassunto	This guide outlines a treatment programme 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. Many people wish to taper their use of these medicines for various reasons including a planned pregnancy, personal preference, bothersome side effects. Using the programme in this therapist guide, clients are provided with the tools and knowledge to stop their anxiety medication successfully.

