



# **The Ritalin Fact Book: What Your Doctor Won't Tell You**

*Peter Breggin*

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## **The Ritalin Fact Book: What Your Doctor Won't Tell You** Peter Breggin

Known as the "Ralph Nader of psychiatry," Peter Breggin has been the medical expert in countless civil and criminal cases involving the use or misuse of psychoactive medications. This unusual position has given him unprecedented access to private pharmaceutical research and correspondence files, access that informs this straight-talking guide to the most-prescribed and controversial class of psychoactive medications prescribed for children. From how these drugs work in the brain to documented side and withdrawal effects, The Ritalin Fact Book is up-to-the-minute and easy-to-access. With its suggestions for non-prescriptive ways to treat ADD and ADHD, it is essential reading for every parent whose child is on or who has been recommended psychoactive medication.

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#### **Tony Valdez:**

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