



# Taking Antidepressants: Your Comprehensive Guide to Starting, Staying On, and Safely Quitting

*Michael D Banov*

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## **Taking Antidepressants: Your Comprehensive Guide to Starting, Staying On, and Safely Quitting**

Michael D Banov

Triple board-certified psychiatrist Dr. Michael Banov walks the reader through a personalized process to help them make the right choice about starting antidepressants, staying on antidepressants, and stopping antidepressants.

He includes specific guidelines on how to safely reduce and ultimately stop taking antidepressants, if it is appropriate to do so.

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