

Clearhead links page.

(any views & opinions expressed through external web links do not necessarily express the views and opinions of the moderator of this site, but some of them might do.)

Dirk Hanson's addiction inbox – marijuana withdrawal blog.

<http://addiction-dirkh.blogspot.com/2007/10/marijuana-withdrawal.html>

Forum matters.

<http://www.forummatters.com/forums/forumdisplay.php?f=16>

Mind expanding.

Dirk Hanson's addiction inbox – quitting when you're high.

<http://addiction-dirkh.blogspot.com/2008/08/quitting-when-youre-high.html>

Coconut girl muses on the sensual allure of marijuana.

<http://coconutgirlwireless.wordpress.com/2008/06/02/the-sensual-allure-of-marijuana/>

History of marijuana in the usa.

<http://www.pbs.org/wgbh/pages/frontline/shows/dope/interviews/musto.html>

Propaganda or the truth - you decide.

http://www.nida.nih.gov/NIDA_Notes/NNVol18N5/Cognitive.html

Cannabis and psychosis, some advice.

<http://www.abc.net.au/rn/science/mind/s504050.htm>

Hormones and the best time to quit cigarettes.

<http://news.bbc.co.uk/1/hi/health/7355353.stm>

Cannabis as an anti depressant - or not.

<http://www.sciencedaily.com/releases/2007/10/071023183937.htm>

Stuff to do rather than sitting around obsessing about weed.

Laughter network.

<http://www.laughternetwork.co.uk/> UK

Volunteer network.

<http://www.csv.org.uk/volunteer/part-time/capital+volunteering.htm>

Guerilla Gardening (says it all really).

<http://www.guerrillagardening.org/>

Futures - Muslem volunteer project.

<http://www.futuresproject.org.uk/>

Free stuff in London.

<http://www.freelondonlistings.co.uk/>

Woof Woof.

<http://www.dogstrust.org.uk/>

Human Nature Therapy - Visionary outdoor therapy project sw England / Wales.
<http://www.humannaturetherapy.com/>

Young volunteering (some really excellent opportunities here.)
<http://www.vinspired.com/>

Workshops and personal growth.

A great way to spend a Sunday afternoon in London or Brighton
<http://www.aumeditation.icom43.net/doc/benefit.html>

Working with anger .
<http://www.bodyspace.co.uk/sensations/angerallangles.htm>

British Association of Anger Management.
<http://www.angermanage.co.uk/facilitators.html>

More to life - The ultimate weekend workshop for personal development.
<http://www.moretolife.org/>

Sivananda Yoga A global organisation offering meditation yoga and spiritual practice - Take a class and feel balanced again.
<http://www.sivananda.org>

Eckhart Tolle official website The place to learn a beautiful philosophy .
<http://www.eckharttolle.com/eckharttolle>

Painful stuff that can keep us smoking when maybe we want something else.

Support site for self harmers.
<http://www.palace.net/~llama/psych/injury.html>

Tools for social phobias and shyness.
http://www.shyclinic.com/social_anxiety.html

BBC health –coping skills to learn positive mental health.
http://www.bbc.co.uk/health/conditions/mental_health/

So much rage, so much shame.
<http://news.bbc.co.uk/1/hi/health/7304505.stm>

Hate the way you look? Are you suffering from BDD?
http://www.associatedcontent.com/article/236319/hate_the_way_you_look_could_you_be.html?cat=72

Yes! you can regain your memory.

Memory and eye movement its from the Daily Mail so it must be true.

<http://www.dailymail.co.uk/sciencetech/article-452769/Its-eyes-secret-better-memory.html>

http://www.helpguide.org/life/improving_memory.htm

Cannabis and memory – The science.

http://www.livescience.com/health/061119_pot_memory.html

Some stuff to help you sleep, and deal with night sweats during early adjustment.

41 helpful tips to help you beat insomnia.

<http://www.well.com/user/mick/insomnia/>

The science of sleep.

http://www.ninds.nih.gov/disorders/brain_basics/understanding_sleep.htm

The Chillow.

http://www.chillow.co.uk/2008/template/?_sja=kw:chillow|cgn:Chillow+-+Best+Performers%2c+Chillow|cgid:915102137|tsid:5085|cn:Chillow+-+Best+Performers%2c+Chillow|cid:40094237|lid:137099198|mt:Phrase|nw:search|crid:2535723497&gclid=CIrW182EyZcCFUog3godbm0ISg

Therapeutic bedding (don't laugh it might work.)

<http://www.dermatherapybedding.co.uk/>

Understanding cannabis and tobacco addiction

Fags n' hash.

<http://www.healthscotland.com/documents/298.aspx>

Token pure - Thank you ukcia.

<http://www.ukcia.org/activism/tokepure.php>

12 Step programmes

Marijuana Anonymous .

<http://www.marijuana-anonymous.org/>

Narcotics Anonymous .

<http://www.ukna.org/>

Codependents Anonymous uk.

<http://www.coda-uk.org/>

Alcoholics Anonymous uk.

<http://www.alcoholics-anonymous.org.uk/>

Cocaine Anonymous uk.

<http://www.cauk.org.uk/>

Hypnotherapy

Angela Jullings, exceptional technique, recommended for cd's and downloads.

<http://www.angelajullings.com/index.asp>

Cannabis and genital itching (probably an excuse best only used once)

http://news.bbc.co.uk/1/hi/scotland/tayside_and_central/6940713.stm

