



The Benzo Book: Getting Safely off Tranquilizers

Jack Hobson-Dupont

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From The Back Cover: "Are you--or is someone you care about--taking tranquilizers or sleeping pills? You could be at risk of addiction without even knowing it. "Benzos" are the most commonly prescribed tranquilizers and sleeping pills, in use by millions of people. Doctors prescribe these drugs routinely without ever warning patients that regular use may cause a dangerous dependency. For many people, Benzos are much harder to quit than heroin, cocaine, crack and other illegal substances, even when taken under a physician's supervision. Benzo Withdrawal may last for months, even years. Get the facts about the drugs in your medicine cabinet-facts the pharmaceutical companies, and even the Fda, don't want you to know." The Benzo Book recounts the author's experience as an unwitting addict, with full details about minimizing withdrawal symptoms, and exposes the sociological, medical and economic factors which cause this widespread-yet largely unknown-problem.

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Amanda Grant:

A lot of people always spent their own free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity here is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day long to reading a guide. The book The Benzo Book: Getting Safely off Tranquilizers it is very good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In case you did not have enough space to create this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not to fund but this book offers high quality.

William Holt:

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