



Beyond Benzos: Benzo Addiction, Benzo Withdrawal, and Long-term Recovery from Benzodiazepines

Taite Adams

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Now termed by some as the world's deadliest pill, the class of drugs known as benzodiazepines are on the cusp of racing past opiates to earn the label as this nation's most widely abused class of drugs. With over 150 million prescriptions written annually in the U.S. alone for such popular drugs as Xanax, Ativan, Klonopin, and Valium, benzo addiction has reached epidemic proportions in this country and many are still not willing to give it the press it deserves. Let's change that.

Benzodiazepine addiction is something that is inherently difficult to treat because of the stigma attached to it, the often unresolved underlying issues, and the difficulty of benzo withdrawal. **Beyond Benzos** can help. Written as a guide to benzodiazepine addiction and recovery by someone who has been there, these drugs and the steps needed to break free from them are dissected at every level.

To the millions of people and their loved ones trapped in the vicious circle of benzo addiction, there is a solution to break free from the madness. Author Taite Adams not only explains how benzos work but gives the reader their options for benzo withdrawal and long term recovery from addiction. Whether taking benzos for an anxiety disorder, insomnia or another issue, Adams offers hope, inspiration, and solutions for a life **Beyond Benzos** .

Tags: benzo addiction, benzodiazepines, xanax withdrawal, prescription drug addiction, benzo withdrawal, benzodiazepine withdrawal, xanax addiction, klonopin addiction, benzos, ativan addiction

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