



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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