



# Benzo Land: How Doctors and Drug Companies Enslave Us

*Richard Crasta*

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Benzodiazepines, a class of tranquilizers and sleeping pills (such as Valium, Xanax, and Ambien--almost all chemicals ending with the suffix "zepam") are often mindlessly and irresponsibly prescribed by doctors. Though most of these doctors are well-intentioned and hardworking, they have either been inattentive or been brainwashed about the merits of these drugs by unethical drug companies.

The result: the drugs, being highly addictive, end up enslaving millions, in body and mind. Many, especially in Third World countries, where doctors are less informed and pharmacies often sell the medications without prescriptions, have no idea what they are going in for.

This book, the result of experience and reading, tells a story the author feels compelled to share. It is NOT a how-to book (there are dozens of those); it is mainly the story of a journey, still incomplete. Richard Crasta has published ten other books, including the bestselling novel "The Revised Kama Sutra," which has been published in ten different countries.

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