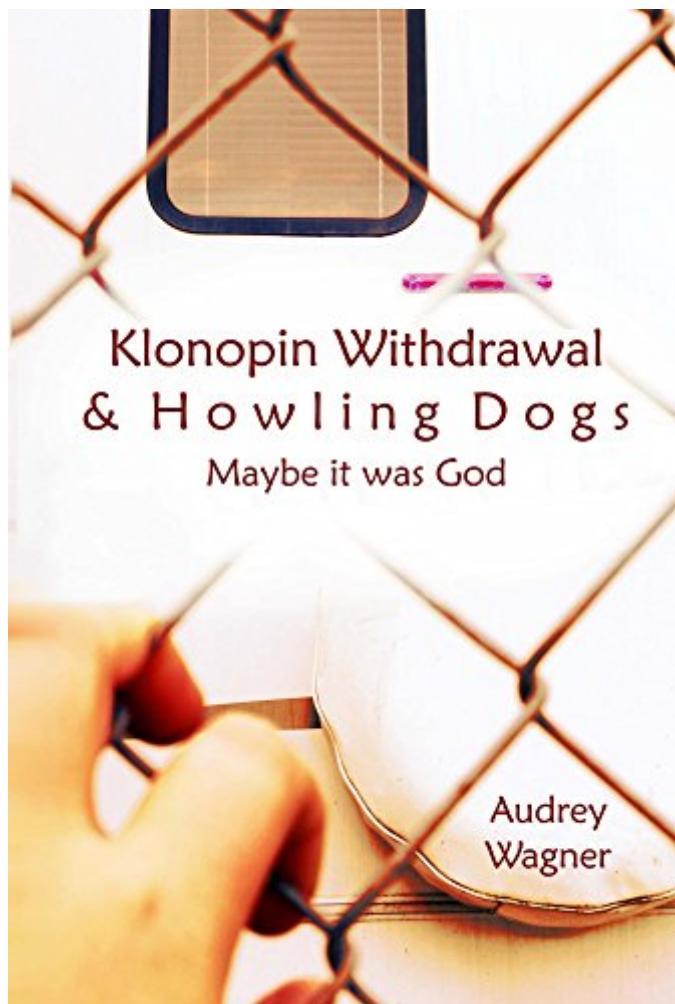


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# Klonopin Withdrawal & Howling Dogs: Maybe It Was God



## **Synopsis**

At age 28, I tapered off Klonopin, the tranquilizer I'd taken for 14 months. Unable to sleep and days away from my last dose, I moved in with my parents and their nine pets in California. Mom thought she could heal me with raw food and holistic clinic trips. Family members tried to get me back on drugs. I was losing the faith that had been introduced to my family through unusual circumstances. My parents planned a cross-country move, and I didn't believe I'd be alive to make the trip. This is my story.

## **Book Information**

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## **Customer Reviews**

One of my siblings is currently tapering of Klonopin after 10 years of using this horrendous drug. When my sibling came to me for help, I was bewildered and not knowing how to help. After learning that he has been taking Klonopin and Paxil for over 10 years, I began researching night & day. Through researching, I stumbled across the name of this book - "Klonopin Withdrawal & Howling Dogs." I immediately downloaded it to my Kindle and began reading. Like another reviewer shared, this book gave me a "window" into my sibling's world. I was able to understand him on a deeper level. It also helped me to read what her mother went through as the author's primary caregiver during the author's withdrawal. To me, the book gave me priceless understanding. No health

professional that my sibling has seen, so far, understands Benzodiazepine Withdrawal Syndrome. For example, the psychologist that he tried to establish a relationship with, pretty much rolled his eyes and gave out big, deep sighs as I tried to share what I learned. By the way, my sibling has decided to not seek counseling until "after" withdrawal is nearly completed or completed. I Googled this author's name and found a short online article that she had written in December 2014 for MAD in America (I think that is the website). I encourage anyone who is going through withdrawals from a benzo and/or a caregiver of a person going through withdrawals to read this book. This book provides information, encouragement & much-needed hope. By the way, this author is now a photographer. Look for her website: onruralroads DOT com. Beautiful photography! Audrey Wagner, thank you for sharing your journey! I continue to read excerpts to my sibling to offer him hope. As you know, those going through horrendous withdrawals need daily, consistent reassurance that there is life after withdrawal. Your book offers this and so much more. Heartfelt thank you!

Never have I walked so deeply in someone's shoes who was struggling with withdrawals from a serious addiction. She brilliantly captures the tension between one's endless crazy thoughts in the midst of the pain as well as the physical manifestations of withdrawal. I was gripped by how excellently she captured the human struggle. This is not a book for those who want a happy answer or a short story with a fairy tale ending. This is a REAL story about someone who shares very personally and intimately what it is like to survive an addiction. I cried multiple times, and though I haven't struggled with addictions to sleeping pills or anything near her experience of going without sleep, I could regularly relate to the psychological struggle that accompanies any change you try to instigate in your life.

This book honestly tells the story of the horrors of benzodiazepine withdrawal. The author has a wonderful sense of humor and captures her characters well. I often felt I was walking with her. I appreciate the courage it took to write about this misunderstood withdrawal syndrome. I too have withdrawn from benzodiazepines and know the pain the author expresses. This is a good read for anyone wanting to understand the challenges of this often misdiagnosed condition.

This is a very compelling story about a young woman's struggle to withdraw from the drug Klonopin. She did not sleep for many days at times which was a case of benzo insomnia. Her experience with her mom's holistic approach to her problem and the "howling dogs" at her mom's house give a unique and sometimes humorous dimension to the book. The resolution due to her determined

efforts resulted in a healthier lifestyle and a recommitment to her Faith. Very well written. A must for anyone struggling with withdrawal from any drug.

It really helped to have a book written from the perspective of an actual person going through withdrawl, instead of a doctor's perspective or what you should expect. I assume people's experiences are different, but even my own have varied different times. Thank you for sharing .

I cried six times while reading this book; three from sadness and three from belly aching laughter. Audrey's story is truly inspiring. Her ability to put you in her situation through her clever writing style is what makes this book so powerful. I could not put the book down and more so, could not stop thinking about for days after.

Such a well written story of the horrible pain that comes from benzo withdrawal. The story of how such an innocent act of asking a Doctor for help sleeping can turn into such a nightmare is told with such honesty. I couldn't put it down. It was a great read, thank you Audrey for sharing this very difficult period of your life.

Spectacular writing for a self-published effort. At this time with little public credence given due to a media blackout on the subject, unless a person has lived through benzo withdrawal (having taken it at therapeutic levels as directed by a doctor) one cannot appreciate the gravity of the experience.

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