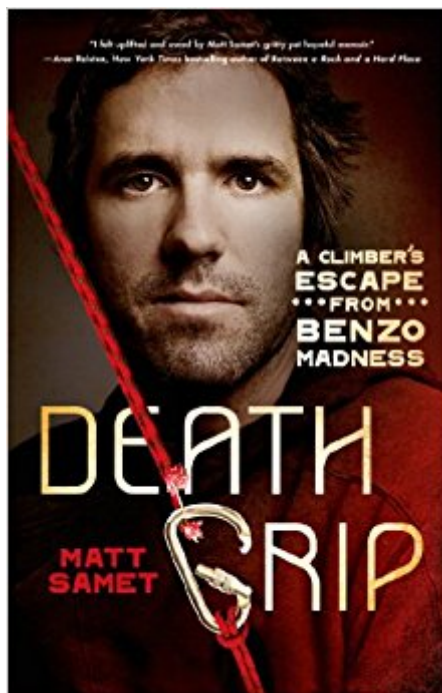


The book was found

Death Grip: A Climber's Escape From Benzo Madness



Synopsis

Death Grip chronicles a top climber's near-fatal struggle with anxiety and depression, and his nightmarish journey through the dangerous world of prescription drugs. Matt Samet lived to climb, and craved the challenge, risk, and exhilaration of conquering sheer rock faces around the United States and internationally. But Samet's depression, compounded by the extreme diet and fitness practices of climbers, led him to seek professional help. He entered the murky, inescapable world of psychiatric medicine, where he developed a dangerous addiction to prescribed medications—primarily "benzos," or benzodiazepines—that landed him in institutions and nearly killed him. With dramatic storytelling, persuasive research data, and searing honesty, Matt Samet reveals the hidden epidemic of benzo addiction, which some have suggested can be harder to quit than heroin. Millions of adults and teenagers are prescribed these drugs, but few understand how addictive they are—and how dangerous long-term usage can be, even when prescribed by doctors. After a difficult struggle with addiction, Samet slowly makes his way to a life in recovery through perseverance and a deep love of rock climbing. Conveying both the exhilaration of climbing in the wilderness and the utter madness of addiction, Death Grip is a powerful and revelatory memoir.

Book Information

Paperback: 320 pages

Publisher: St. Martin's Griffin (February 11, 2014)

Language: English

ISBN-10: 125004328X

ISBN-13: 978-1250043283

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #691,877 in Books (See Top 100 in Books) #207 in [Books > Sports & Outdoors > Extreme Sports](#) #887 in [Books > Sports & Outdoors > Mountaineering > Mountain Climbing](#) #1719 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

Customer Reviews

As someone who has been taking benzo's as prescribed for 10 years and recently tapered off of them this book was just what I was looking for. I wish I knew about the Ashton Manual before I did my taper but I got through the hell that is benzo withdrawal. My hell lasted about a month and then I

started having those windows of clarity. I'm still going through it but it's books like this that help me remember that this is temporary and no matter how insane my anxiety, depression, confusion, etc. gets, I AM HEALING!

Like millions of people all over the world, Matt Samet resorted to taking benzodiazepines and antidepressants to treat a panic disorder, unaware of the dangers associated with their long-term use. From the initial relief brought by the pills to the ensuing nightmarish life-or-death taper, a few years later, the author depicts brilliantly his neurochemical predicament with a fresh, invigorating style. *Death Grip* will provide many with potentially life-saving information on benzos and their drawbacks. It is also a beautiful tale of resiliency, or how a man could find in his inner core the strength to finally break free and heal. Neophytes will take a glimpse into the fascinating world of climbing, and young people will recognize in Matt's story many of the challenges brought about by coming of age. Above all, *Death Grip* is a message of hope for all people in the grip of prescription-drug addiction, and a powerful wake-up call for all mental health professionals.

Thank You, Thank You, Thank You!!!!!! I have been through 25 years of pain and suffering thinking and saying to all the Dr.s I have seen that these meds. Are dangerous and Don't work. We as a society have to stand up for ourselves and fight these giants. Matt your story was heart wrenching and I am so Thankful that you have told it. Your insight into this haze was so insightful and informative. May you always have peace and happiness. Keep climbing!!!!!! God Bless you and your family.

I admired the author's unflinching honesty and self revelation in describing his rollercoaster ride of addiction, failed treatments and eventual recovery. Hopefully this book will be a wake up call for the many U.S. psychiatrists who overprescribe benzos/psych meds. and then leave involuntary addicts stranded and ill to cope for themselves, and how our healthcare system is broken in this regard. The connection between the thrill and risk of climbing and addiction is fascinating and thought provoking. IMHO this is the best book on the hell of benzo addiction out there.

I loved *DEATH GRIP* and believe that anyone who likes adventure -- or who has dealt with major adversity -- will fall in love with this tale. The story captivated me from the start. It kept me up late, turning pages when I should have been asleep. I finished the book feeling fulfilled and uplifted, having a little more understanding of people who suffer from addiction. I don't write many books

reviews and I've never met or interacted with Matt Samet. But as the author of a bestselling climbing book (BURIED IN THE SKY) and someone who has read extensively in the genre, I can say this book makes my short list of favorite reads.

Death Grip is a fast paced, visceral account of a world class rock climber's descent into benzodiazepine addiction and the hell of its withdrawal. Not since Darkness Visible have I read such a harrowing, courageous and ultimately redemptive book. Samet's prose jumps off the page, and I was captivated and shaken by his story. Death grip is also a fascinating look into high end rock climbing with colorful stories throughout while still accessible to the non-climber. Exhaustively researched and passionately told, Death Grip is a searing indictment of the complacency of psychiatric treatment and Big Pharma that promote the fallacy that the patient is the problem and a cocktail of pills is the solution. Death Grip is a riveting book and highly recommended.

This book nails the problems created by the pharmaceutical industry and should scare anyone that receives a prescription for psychiatric meds, or any other medication for that matter. Samet relays his anecdotal criticism by bearing his soul and his writing is first rate. You don't have to be a psychiatric patient to enjoy this book, but if you have friends or family caught in that system, you will personally benefit from Samet's story. This book might even save your own life. I can't believe I just said that, but I believe it true.

Matt Samet delivers a raw, gripping account of a years long battle to break out of a drug induced fog in order to reconnect with his true self. He tells his story in a way that gets inside your head and breaks your heart. His voice is at the same time tragic and triumphant, full of dark ironic humor and frank honesty. He brings to light a topic that receives little mainstream attention, namely, the dangers of benzodiazapines and the liberal prescription of these drugs by a medical establishment that stands to profit from the chemical sedation of a vulnerable population. This book presents a wealth of information alongside a truly remarkable story of a man fighting for his life. Buy it. Read it. You won't be sorry.

[Download to continue reading...](#)

Death Grip: A Climber's Escape from Benzo Madness The Grip Book: The Studio Grip's Essential Guide The Great Escape from Stalag Luft III: The Full Story of How 76 Allied Officers Carried Out World War II's Most Remarkable Mass Escape DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) Training

for the New Alpinism: A Manual for the Climber as Athlete City of Rocks Idaho: A Climber's Guide (Regional Rock Climbing Series) Feeding the Rat: A Climber's Life on the Edge (Adrenaline) Kiss or Kill: Confessions of a Serial Climber Self-Coached Climber: The Guide to Movement, Training, Performance Trad Climber's Bible (How To Climb Series) The Climber's Guide to the High Sierra (A Sierra Club Totebook) Black Hearts: One Platoon's Descent into Madness in Iraq's Triangle of Death Getting a Grip on Diabetes : Quick Tips for Kids and Teens The Grip Book, 2nd Edition Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life The Porn Antidote: Attachment: God's secret weapon for crushing porn's grip, and creating the life and marriage you dream of. Eagle Grip (The Guardian Series Book 3) End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain Practicing Narrative Mediation: Loosening the Grip of Conflict Anatomical Theater (In the Grip of Strange Thoughts)

[Dmca](#)