



# **SAY GOODBYE TO DRUG ADDICTION: THE ESSENCE AND HOW TO QUIT DRUG ADDICTION AND LIVE A BETTER LIFE**

*DAVID A. OSEI*

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Drug addiction is excessively using both legal and illegal substances contrary to the stated limit or prescription which eventually becomes difficult to stop. Legal drug addiction is exceeding prescribed drug limit which is intended to cure existing disease whilst illegal drug addiction is secretly exceeding the use of illegal and banned substances. Drugs are meant to ease the body of any foreign unwanted elements like disease, relief and boost energy. Drug addiction is not in the interest of any sufferer. The illegal or banned substances are statutorily illegal to possess or use. Some of these illegal substances are crack cocaine, cocaine, weed, ecstasies and many more. These substances have caused a lot of damage to all users. Apparently, some of the bad side effects are mental problems, death, illnesses, crime, rage, anti-social behaviour, financial hardships, relationship problems and many uncountable effects. These side effects are not conducive to the betterment of the person and the society at large. It is upon this that refraining from addiction of drugs either banned or legal is very urgent and important. This book is designed to give you all the needed ingredients to overcome and cure drug addictions. It is a comprehensive book providing real practical guide to ridding yourself off addictions either legal or illegal substances. It teaches about causes of drug addiction, symptoms, effects, how to cure and the benefits of living drug free life.

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