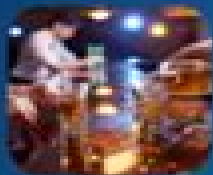




TOP 5 HARDEST DRUG ADDICTIONS TO QUIT



ALCOHOL

One of the hardest addictions to quit is alcohol. According to the National Institute on Alcohol Abuse and Alcoholism, 30% of Americans have suffered from an alcohol use disorder at some point in their lifetime.



HEROIN

Heroin is among some of the hardest drugs to quit. While the withdrawal symptoms associated with this substance are not as severe as alcohol, other factors make this addiction difficult to kick.



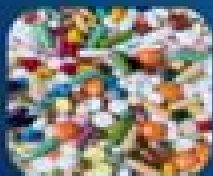
COCAINE

Cocaine is one of the hardest drugs to quit, especially because many people view this drug as harmless. According to the National Institute on Drug Abuse, "Among people aged 12 or older in 2020, 1.9% (or about 5.2 million people) reported using cocaine in the past 12 months."



CIGARETTES

While cigarettes are not known as mind-altering drugs, they are one of the hardest addictions to beat. Although cigarettes do not cause a significant high that would cause individuals to repeatedly abuse the substance, it is extremely difficult to stop smoking cigarettes.



BENZODIAZEPINES

Benzodiazepines are one of the most dangerous prescription drugs to abuse. Additionally, it is extremely difficult to quit a benzodiazepine addiction, especially when considering the dangers of withdrawal.



The Hardest Drug

David Baud



The Hardest Drug:

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