A password is said to be **strong** if it satisfies all the following criteria:

* It has at least 8 characters.
* It contains at least **one lowercase** letter.
* It contains at least **one uppercase** letter.
* It contains at least **one digit**.
* It contains at least **one special character**. The special characters are the characters in the following string: "!@#$%^&\*()-+".
* It does **not** contain 2 of the same character in adjacent positions (i.e., "aab" violates this condition, but "aba" does not).

Given a string password, return true*if it is a****strong****password*. Otherwise, return false.

**Example 1:**

**Input:** password = "IloveLe3tcode!"

**Output:** true

**Explanation:** The password meets all the requirements. Therefore, we return true.

**Example 2:**

**Input:** password = "Me+You--IsMyDream"

**Output:** false

**Explanation:** The password does not contain a digit and also contains 2 of the same character in adjacent positions. Therefore, we return false.

**Example 3:**

**Input:** password = "1aB!"

**Output:** false

**Explanation:** The password does not meet the length requirement. Therefore, we return false.

**Constraints:**

* 1 <= password.length <= 100
* password consists of letters, digits, and special characters: "!@#$%^&\*()-+".