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Diaries: A year in the life of a shattered

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Chapter 1: Reading

Nikki Sixx's The

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Ten Year edition (24 Oct. 2017) Language: English; ISBN-10: 147117123X; ISBN-13: 978-1471171239; Product Dimensions: 20.1 x 3.6 x 15.6 cm
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Year in the Life of a
Shattered Rock Star
is a book co-written
by Nikki Sixx, bassist
of the rock band
Mötley Crüe, and Ian
Gittins. Additional
reflections on the
period from Sixx and
others are
interspersed
throughout the book.
The book also
includes many black-

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and-white

photographs, lyrics, random thoughts and artwork. The book was designed by Paul Brown, according to page 406. With his other band, Sixx:A.M., Sixx recorded a concept album called The Heroin Diaries ...

The Heroin Diaries: A Year in the Life of a

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Other addicts, friends, and lovers—in a coke- and heroin-fueled daze. The highs were high, and Nikki's journal entries reveal some euphoria and joy. But the lows were lower, often ending with Nikki in his closet, surrounded by drug paraphernalia and wrapped in paranoid delusions.

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Here, Nikki shares the diary entries—some poetic, some scatterbrained, some bizarre—of those dark times. Joining him are Tommy Lee, Vince Neil, Mick Mars, Slash, Rick Nielsen, Bob Rock, and a host of ex-managers, ex-lovers, and more. Brutally honest, utterly riveting, and

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Set against the frenzied world of heavy metal superstardom, the co-founder of legendary Motley Crue offers an unflinching and gripping look at his own descent into drug addiction. When Motley Crue were at the height of their fame, there wasn't a

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drug Nikki Sixx wouldn't do. He spent days - sometimes alone, sometimes with others addicts, friends and lovers - in a coke- and heroin-fuelled daze. THE HEROIN DIARIES reveals Nikki's personal diary entries alongside commentary from the people who know Nikki best including

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band mates Tommy, Vince and Mick. The book is a candid look at a nightmare come true: a punishing heroin addiction that brought Nikki to the edge of losing his talent, his career, his family and finally to a near-fatal overdose which left him clinically dead for a few minutes before

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being revived. Brutally honest, utterly riveting and shockingly moving, THE HEROIN DIARIES follows Nikki during the year he plunged to rock bottom and his courageous decision to pick himself up and start living again.

This Is Gonna Hurt is music, photography,

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and life through the distorted lens of Nikki Sixx, bassist for heavy metal rock band Mötley Crüe's and the New York Times bestselling author of The Heroin Diaries. A combination of powerful prose and dramatic photographs, This Is Gonna Hurt is an

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arresting, deeply personal look through the eyes of a real rock star at a stark, post-addiction world.

Rock-and-roll icon and three-time bestselling author Nikki Sixx tells his origin story: how Frank Feranna became Nikki Sixx, chronicling his

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fascinating journey from irrepressible Idaho farmboy to the man who formed the revolutionary rock group Mötley Crüe. Nikki Sixx is one of the most respected, recognizable, and entrepreneurial icons in the music industry. As the founder of Mötley Crüe, who is now in his twenty-first

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Year of sobriety, Sixx is incredibly passionate about his craft and wonderfully open about his life in rock and roll, and as a person of the world.

Born Franklin Carlton Feranna on

December 11, 1958, young Frankie was abandoned by his father and partly raised by his mother,

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a woman who was ahead of her time but deeply troubled. Frankie ended up living with his grandparents, bouncing from farm to farm and state to state. He was an all-American kid—hunting, fishing, chasing girls, and playing football—but underneath it all,

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There was a burning desire for more, and that more was music. He eventually took a Greyhound bound for Hollywood. In Los Angeles, Frank lived with his aunt and his uncle—the president of Capitol Records—for a short time. But there was no easy path to the top. He was soon on his own. There

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were dead-end jobs: dipping circuit boards, clerking at liquor and record stores, selling used light bulbs, and hustling to survive. But at night, Frank honed his craft, joining Sister, a band formed by fellow hard-rock veteran Blackie Lawless, and formed a group of his own: London, the precursor

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of Mötley Crüe.

Turning down an offer
to join Randy

Rhoads's band,

Frank changed his
name to Nikki

London, Nikki Nine,

and, finally, Nikki

Sixx. Like Huck Finn

with a stolen guitar,

he had a vision: a

group that combined

punk, glam, and hard

rock into the biggest,

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Most theatrical and irresistible package the world had ever seen. With hard work, passion, and some luck, the vision manifested in reality—and this is a profound true story finding identity, of how Frank Feranna became Nikki Sixx. It's also a road map to the ways you can

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Overcome anything, and achieve all of your goals, if only you put your mind to it.

What is a junkbox? A person who is just so all consumed by addiction and drugs that they do not care about what goes into their body. They don't shower, barely eat, and only sleep as a

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result of a high heroin dose. Herb Stepherson has been involved in the fight of his life for 14 years. Today, he celebrates life as an intervention coordinator!

I am Tommy Lee,
born Thomas Lee
Bass in Athens,
Greece, on October 3,
1962, and raised in a

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suburb of California
by an American father
and a Greek mother.
At seventeen, I joined
Mötley Crüe and we
became one of the
baddest-ass rock
bands in history. We
sold over 40 million
albums, we wreaked
havoc, we scared
parents, and we
titillated too many
fathers' daughters.

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I've been married three times: once for just a few days to a Penthouse Pet, for seven years to Heather Locklear, and then for five years to Pamela Anderson, with whom I have two beautiful sons. I've gotten into a lot of fights and I've been to jail a few times. But this book isn't your

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Typical journey in a straight line from day one to day now. I'm more interested in revealing what's most important about my life, like how I cook my steaks; what I think of the tabloids, the truth, my ex-wives, my ex-band, my music; and what an innocent observer might find hanging

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around my house any given Sunday. You'll get plenty of facts and I'll tell you a story, but my real mission here is to paint you a picture of my life. I want to show you how my memories smell. I'd like to get into it now, so please take your seats. I advise you to keep your arms and legs inside the

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car at all times. If you have a pacemaker, a heart condition, or if you are pregnant or too damn short to reach the safety bar, I ask that you turn back immediately. Those with weak stomachs, strict morals, or chronic indigestion should put the book down now. For the rest of you, there's

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One truth that's real
across the board:
What you send out is
what you get back.

Send out the good,
people, and it will
come back to you.

There's another thing
I've learned over the
years, in court, in
fights, and in
arguments with
people I love: There
isn't one truth, there

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are many. This book
is my truth. NOTE:
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BOOTH, AND IWAN
RHEON, DIRECTED
BY JEFF TREMAINE.

Celebrate thirty years of the world's most notorious rock band with the deluxe collectors' edition of *The Dirt*—the outrageous, legendary, no-holds-barred autobiography of Mötley Crüe. Fans

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Have you ever gotten glimpses into the band's crazy world of backstage scandals, celebrity love affairs, rollercoaster drug addictions, and immortal music in Mötley Crüe books like Tommyland and The Heroin Diaries, but now the full spectrum of sin and success by Tommy

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Lee, Nikki Sixx, Vince Neil, and Mick Mars is an open book in The Dirt. Even fans already familiar with earlier editions of the bestselling exposé will treasure this gorgeous deluxe edition. Joe Levy at Rolling Stone calls The Dirt "without a doubt . . . the most detailed account of

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the awesome pleasures and perils of rock & roll stardom I have ever read. It is completely compelling and utterly revolting."

Mötley Crüe's gleeful glam debauchery and unstoppable anthems have made them metal gods, selling

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over 72 million album copies worldwide and landing their band biography *The Dirt* on bestseller lists around the country. Mötley Crüe is "amazingly" the first photographic history of the band. Legendary rock photographer Neil Zlozower's images capture the band's rise from their

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breakthrough album

Shout at the Devil through rock 'n' roll excesses to follow

with the Life Of A

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backstage, on tour, hanging out, and in studio—a must-have album of photos and testimony on one of the most powerful and controversial bands in rock history.

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