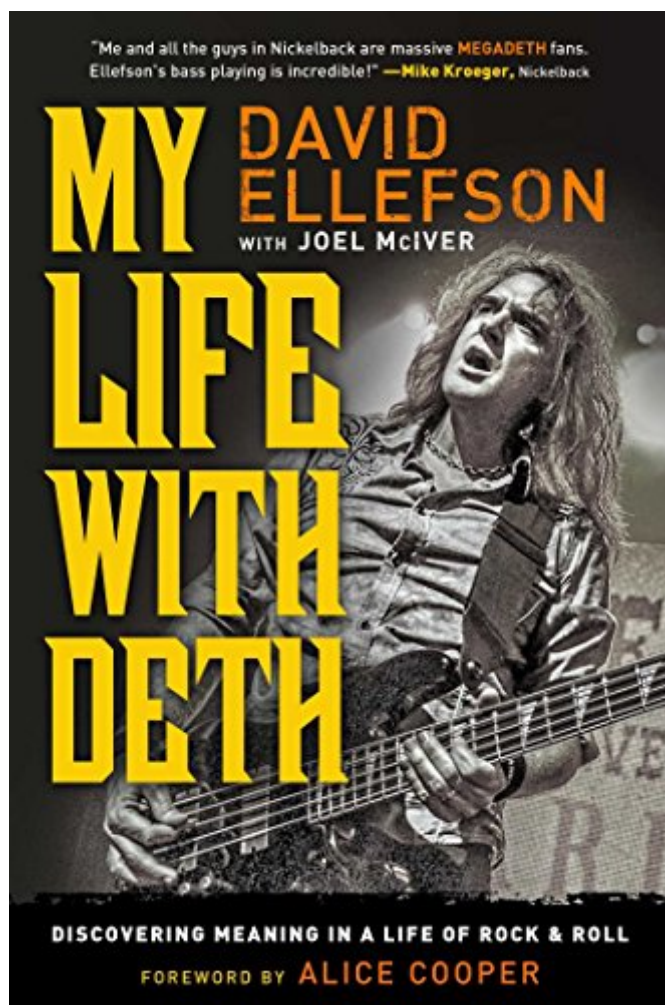


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My Life With Deth: Discovering Meaning In A Life Of Rock & Roll



Synopsis

One of the hardest headbangers of heavy metal shares his uplifting and empowering memoir about overcoming addiction and discovering a life of faith. In *My Life with Deth*, cofounder and bassist of Megadeth David Ellefson reveals the behind-the-scenes details of life in one of the world's most popular heavy metal bands. If you're looking for eye-opening revelations, they're here, including the drug habits that brought the band members to their knees. But *My Life with Deth* is far more than just another memoir of debauchery. Ellefson also shares the story of his faith journey, which began when he decided his only choice for survival was to get free from his addiction. Whether religious or not, you'll be enthralled and inspired by this tell-all book on discovering meaning in a life of rock and roll. You'll find insightful comments from some of the biggest names in heavy metal, along with universal life lessons. With a delicate balance between humor and earnestness, anyone can appreciate Ellefson's unpretentious tone and the delightful irony of a serious Christian who helped define seriously heavy metal music (>).

Book Information

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Customer Reviews

I read Ellefson's book with great anticipation. I am a lifelong Megadeth fan and, since the

mouthpiece of that band has always been Dave Mustaine (and rightfully so, I suppose), I was eager to see what Ellefson had to say. Not just about Megadeth, but about his journey to sobriety. I share many similarities to his background - we are the same age, raised in rural, close-knit families with normal, hard-working, loving parents and with formal religious training...we both got in trouble with drugs and alcohol at a young age, but also cleaned up our acts at a young age (myself in '88 and he in '90). I enjoy these stories of how my Heavy Metal Heroes keep that sobriety too. I have to say when I first read the book, I was somewhat underwhelmed. He almost made getting sober seem "too easy" and it seemed like he was often "holding back" his true feelings about Mustaine, the band's career, and his exit from and reunion with the band. SO...I decided to re-read Dave Mustaine's biography that came out in 2010, to see what was "missing" before I made my judgement. (I assume if you're a Megadeth fan, you've read it - if not, go buy it now!) Well after re-reading Mustaine's book, for sure there are 2 very different opinions of many things that happened. The most glaring example is how Mustaine claims he PAID Ellefson to go to his drug rehab meetings "and before I knew it, he was clean and sober, I accidentally 12-stepped Junior". Well, Ellefson admits to nothing of the kind! Also, Mustaine describes in great detail Ellefson's lawsuit and the bad blood between them at the time....and Ellefson barely gives that a paragraph. I got the impression he is either so "over it" he doesn't want to talk about it anymore, or, possibly the settlement forbids him to talk about it.

David Ellefson did us all a favor when he wrote "Making Music Your Business". In it, we all saw just how messed up and incredibly expensive the music industry is. For example, how many of you have needed to hire an attorney, a booking agent, and a business manager just for you to make money and grow your business? Amazingly, Ellefson wrote that book without sounding like he was holding his hand out in the industry. The spirit of that book was to inform and educate musicians and curious fans about how the business side of the industry works. Now, with the release of "My Life with Deth", we receive Ellefson's personal testimony of the industry. Fortunately, this story goes much deeper than just the highs and lows of being a rock star. While most autobiographies of metal stars from the 80's and 90's include tales of excess and waste (and this one does too), "My Life with Deth" offers something more: redemption, hope, and change as a better way. Many stories of metal stardom spend 90% of their pages detailing drugs and sex, and then, they spend the last 10% trying to convince you that sobriety and settling down has improved their life. Most fail in the attempt. "My Life with Deth" is different. In it, we do hear about Ellefson's drug problems. We learn about the financial struggles he endured. Megadeth's band conflicts

are famous, and for the first time, we hear Ellefson's respectful side of things. But there is more. We even learn of his honest faith in Jesus Christ. He speaks of being involved in a church and starting MegaLife ministries. He speaks intimately of his wife, Julie, and their two children. At first, my only complaint was that the book was too brief coming in at fewer than 250 pages.

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