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# My Appetite For Destruction: Sex & Drugs & Guns N' Roses



## Synopsis

From Steven Adler, the original drummer for Guns N' Roses, comes *My Appetite for Destruction*, the inside story of GNR. Offering a different perspective from the bestselling *Slash*, Adler chronicles his life with the band, and own intense struggle with addiction, as seen on *Dr. Drew's Celebrity Rehab* and *Sober House*.

## Book Information

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## Customer Reviews

"Great for the die-hard GNR fan! This is a cautionary tale, all the way."  
(Penthouse)

Forty years, twenty-eight ODs, three botched suicides, two heart attacks, a couple of jail stints, a debilitating stroke . . . Now, Steven Adler, the most self-destructive rock star ever, is ready to share the shattering, untold truth. Once upon a time, Steven Adler along with four uniquely talented but very complicated and demanding musicians helped form Guns N' Roses. They emerged from the streets, primal artists who obliterated glam rock and its big hair to resurrect rock's truer blues roots . . . and took "sex, drugs, and rock" to obscene levels of reckless abandon. By the late 1980s, GNR was the biggest rock band in the world, grabbing headlines and awards while selling out huge arenas. But there was a price to pay. For Adler, it was his health and sanity, culminating in his brutal public banishment by his once-beloved musical brothers a humiliating act of

betrayal that caused him to plunge into the dark side and spend most of the next twenty years in a drug-fueled hell. In *My Appetite for Destruction*, Adler digs deep, revealing the last secrets – not just his own but GN – as well.

It's difficult to limit my review to the BOOK instead of the AUTHOR because honestly I want so badly to discuss his obvious personal themes throughout his book such as the fact that he comes across so painfully and pathetically irresponsible and unintelligent with his blatant misguidance etc etc. I will instead try to refrain from delving into his personal issues and convey my feelings about this book. It is definitely honest and sincere though painful at times because you feel sorry for this poor fool and lost soul. The book is written in an almost child-like manner so he must have surely written it himself as I'm sure a ghost writer would have come across sounding a little more mature and professional. At times it really did seem like a kid was writing it- telling you pointless random stories...(It literally almost reads like this: "There was this one time in London and there was this scary guy and I thought he looked scary so I got scared but it turned out he was okay and I went home and was really relieved!") The book is full of these kinds of "stories." Several times throughout I thought he could have spared us the details of the hookers and porn stars and groupies doing various vulgar things to each other and to him. We know all about sex, drugs and rock-n-roll so no real need to give us all the details. (That was one thing I appreciated about Adler's former bandmate Duff McKagan's book was that he at least kept it a little classier and didn't delve into all the sexual specifics. Some things could be kept private.) Steven Adler's book also gives us all the druggy details of life in a rock band. One seriously has to wonder though if he really is rehabilitated. He even admits that you'd be delusional in thinking that hitting all these horrendous lows would render his lesson learned. This book is definitely entertaining though tragic because rarely do you see how rock and roll devours some poor lost souls. Most of the tell-all rock star auto-bios now end with how well they are doing and how successful they are with rock music and their sobriety etc. However, this book never kids us into thinking all is now well with the protagonist. He still has many battles to fight and many demons to conquer. Even he knows that conquering them may not be in the cards. It was rather chilling when he admitted that sometimes the only way to escape addiction is to die. How profound and tragic. But I am going on about his life instead of his work...I enjoyed this book because it was entertaining but as I write that I see how weird it is to find someone's tragedy "entertaining." It wasn't necessarily enjoyable entertaining but interesting entertainment. I did gain some understanding about this person and I have a new-found respect and admiration for him after reading his story. I appreciate his desire to paint a true and sincere portrait of his life. His book is an

honest look at his struggle with addiction and a humble tribute to his former bandmates. I found it in poor taste though to air out his dirty laundry involving his mother. For no real reason he states he currently hates her. The book should have left this out. At any rate, I wish him well and thank him for such an honest portrait of a rock and roll life gone severely astray. This makes for a good read whether you are a Guns-n-Roses fan or not. If you enjoy reading about rock stars' lives complete with all the necessary evils- sex, drugs and rock-n-roll- then you will be satisfied with this.

I enjoyed reading "My Appetite" as a fan but I also had many questions regarding rumors when he was asked to leave Guns N' Roses. It doesn't disappoint in giving you details. I loved getting an inside look at the early days of Guns n' Roses and their rise to fame from Steven's perspective. I also really enjoyed the stories he told about growing up and his childhood friendship with Slash. His upbringing was less than ideal, to say the least, and you can feel his emotions as you read about his family relationships. It truly is sad and has affected him for his whole life. It did read like it was written by a hyperactive child. But this is just how Steven seems to be in real life. Don't get me wrong, I don't mean that in an offensive way, by any means, as I found it rather endearing and his excitement is contagious. The problem, however, is that it completely wears the reader out after a short while. It is all over the place. He talks about his drug and alcohol additions in a way that really doesn't connect the reader to that experience with him. He makes excuses, blames others, and doesn't take enough responsibility for his actions. He offers very little insight or perspective in regards to those addictions. That is the part that really disappointed me. I truly hope that this has changed and that he has succeeded in his quest to becoming clean and sober. He has lost so much due to these addictions already. He is far too talented to throw it all away. I would recommend this book to any Guns N' Roses or Steven Adler fan. It is definitely worth a read.

I have read all of the biographies they have put out to date. I enjoyed each one for the individuality. But, let's face it. The time they are writing about was all drugs and alcohol so how much can they even remember? The book did a great job of laying out his childhood and how he felt the earlier years of GNR went down. Sometimes, it feels like he is trying to take credit for very minor things just to say he made a contribution (talking them out of doing the glam for instance). His accounts of their maiden trip and events differ greatly from the others. Even his mentions of the Farm Aid incident just don't add up. It is very interesting to read about all of the things that occurred and be able to check them out on YouTube moments after. I'd definitely recommend this book for any GNR fan. But, if you are were only going to read one, I'd def go with Duff's. Adler has admittedly had a tough run of it

since getting kicked out of the band, but he does seem to be humbled at this point.

Starts very slow and kind of simple but quickly gets interesting, if your not a fan of the band your probably not reading this book anyways so the interest in the band and the person make for a very interesting read. Stevens very honest telling of his story and sometimes Personal point of view gives you an insight into how it all happened. Great read really enjoyed it thanks Steven!

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