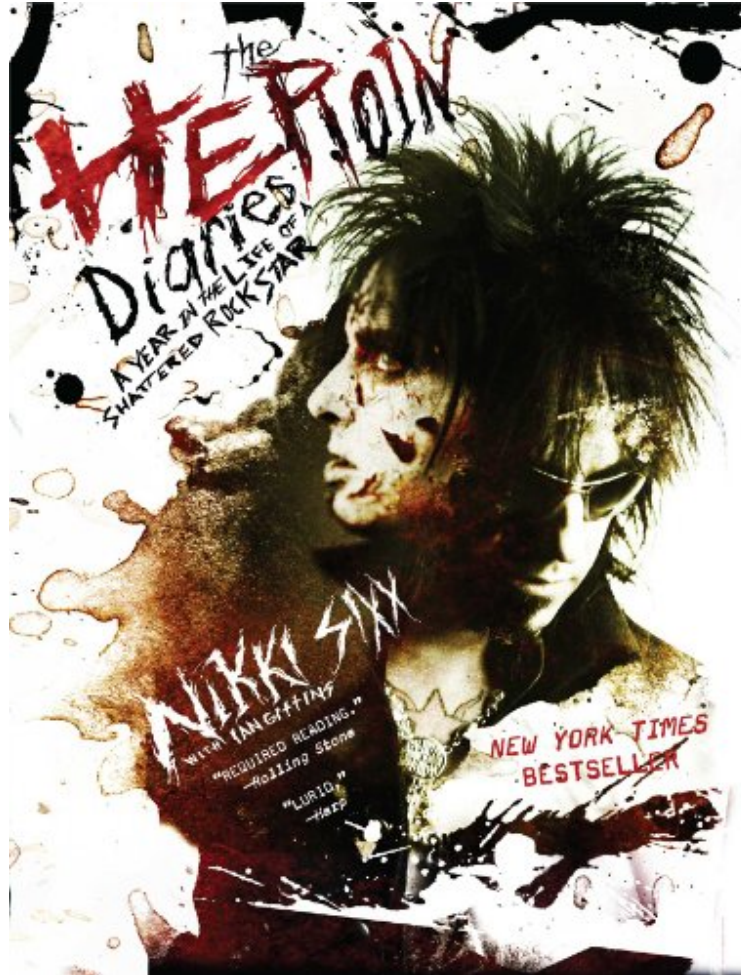


The Heroin Diaries: A Year in the Life of a Shattered Rock Star

Nikki Sixx

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Nikki Sixx : The Heroin Diaries: A Year in the Life of a Shattered Rock Star before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Heroin Diaries: A Year in the Life of a Shattered Rock Star:

0 of 0 people found the following review helpful. I STILL wanna be a rockstar and live a life of excess..By gene wardExcellent book. I'm a child of the 80s, so I grew up on Crue. I saw Vince way back when he was fired/quit from the band and went solo ,and he did all the Crue's songs anyway. And I saw them on their farewell tour in 2015.Excellent first person narrative of a man going to his own personal hell. The additional commentaries by people who were there to watch his fall and give their perspective is fascinating. Nikki's inside dirt on who did what to who and when is darkly funny and compellingAn excellent read and cautionary tale of what unlimited access to whatever you want can do to you.Crue fans will love it and even if you're not a fan/not of this age category, it's just a plain good read.0 of 0 people found the following review helpful. Very Inspiring Read!By Eli WinterburnI have been a fan of Motley Crue since the 80's and I had no idea the things Nikki was going through back then until I read this book. What

a life and what great challenges he has overcome. Parts of the book were sad and depressing however I got a lot of inspiration from it. No matter how hard life's challenges can be, they can always be overcome. 315 of 324 people found the following review helpful. Insight into the life of a shattered rockstar...By T. LaPonte In 1987 Motley Crue recorded *Girls, Girls, Girls*, toured with the then unknown Guns 'n Roses, sold out shows around the country (and world) and partied like they always had a day left to live. The previous book to tell the tale of this excess, *The Dirt*, felt more like a glorification of the excesses of the band, even though it addressed all the drug abuse Nikki Sixx subjected himself to, subsequent overdoses that almost killed him and reemergence towards a cleaner lifestyle. Basically, you take those chapters of *The Dirt* and make them their own book and you have *The Heroin Diaries*. The book is set up like a diary. In fact, it is a diary: the book accounts the year (Christmas 1986 to Christmas 1987) that Nikki spiraled down a deep hole of addiction and depression and kept insanely careful track of it in a notebook. In addition to his entries (cleaned up a bit so we can understand them), Nikki includes commentary from himself as well as those who were close to him at the time (it's clear that a lot of care and work was undertaken to get all of these voices lined up to tell this story). I'm reminded of one entry where Nikki says in passing that he had a blast at a radio interview the other night, but probably got the DJ fired. The commentary afterwards is the DJ's account of the debauchery that went down that night (and, yes, he did indeed get fired). Nikki doesn't pull any punches and asked all of his contributors to do the same. They are brutally honest and help paint a magnificent picture of what it is like to find yourself on a speeding train charging forward into a brick wall. If you ever wanted to know what the rock and roll lifestyle was like, or what it feels like to be addicted to drugs, this is the memoir for you. It's actually amazing to me that there could possibly have been any lucid entries. We assume of course that a number of them were cleaned up by the editor, but there are times when you are stunned at Sixx's foresight into the future of the industry (the eventual downfall of the hair metal genre by the flood of copycat bands), the future of the band (that they'd make their next record a #1 album) and even his own dim foreboding of the consequences of his lifestyle. He talks to the diary as if it were a person, as if it were his wife and only confidant in the world during that year (and it probably was). He addresses it with things like, "I have to go to the show now, but I'll see you when I get back tonight." When he departs without an entry for several days (sometimes simply because he is sober and sane) he is always apologetic and makes jokes about how he only writes to it when he is on drugs. The book pages are broken up with scribbles, notes that presumably came out of the original diary (To Do lists, lost lyric ideas, notes and the like), drug abuse inspired art and photographs of the people and places addressed, as well as song lyrics from a whole career of Sixx's songwriting. There are Motley Crue songs, songs from his 58 solo album, and songs from bands Nikki has adored in his life and reflect his lifestyle then and now. Each chapter is a month in the year, with an introduction, intermission and afterward included to set us up, take a break to reflect and plow forward into the future. The afterward in particular is interesting, because in it Sixx explains what happened in his life after that year: getting on and off the drugs, his failed marriages, his struggling band, his solo projects; everything (he calls it his *Life After Death*). It goes up to and beyond everything covered in *The Dirt*, and answers a number of niggling questions leftover from that book, like what was going on during the *Girls Tour*, what did some of the people mentioned in that book think about things discussed (Slash talking about his interactions with Nikki back then and his own struggling band and drug addictions), or whatever had become of certain events (like all that drama with *Vanity*). I found myself taking the ups (yes, there were good days) and downs along with Nikki on his ride of drug use, paranoia, rage, attempts at detox, thrills and pitfalls of touring, women, joys of songwriting and love of music, falling off the wagon, struggling on, wondering if he was killing himself, hoping for a way out, dying and coming back to life. I found myself reading an entry, wondering a question about it, and having it answered by the commentary. I also found myself wondering if the now clean and sober *Vanity*, turned Evangelist, is really any less insane than she was back then. Sure the drugs are gone, but the woman seems like she has a few permanent screws loose (there's one entry where she rambles on about the devil, leaving you thinking, "huh?," and then there's Nikki's commentary under hers going "Huh?" as well: fantastic!). The book has a message and Nikki Sixx has a hope that by writing this, that by laying his weaknesses bare for the world to see, that maybe that message can get through to people: the tunnel is dark but there is a light at the end, and even though it's probably better if you don't get into that tunnel in the first place, just because you are there doesn't mean there is no hope for you. I'm definitely sold on this book, as I was already sold on the soundtrack weeks ago. I highly recommend it to fans of the band, fans of rock and roll, people interested in learning about the dangers of excess and any open-minded and curious individuals in general. It's a good read all around.

In one of the most unique memoirs of addiction ever published, Motley Crue's Nikki Sixx shares mesmerizing diary entries from the year he spiraled out of control in a haze of heroin and cocaine, presented alongside riveting commentary from people who were there at the time, and from Nikki himself. When Motley Crue was at the height of its fame, there wasn't any drug Nikki Sixx wouldn't do. He spent days -- sometimes alone, sometimes with 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. Here, Nikki shares those diary entries -- some

poetic, some scatterbrained, some bizarre -- and reflects on that time. 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 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.