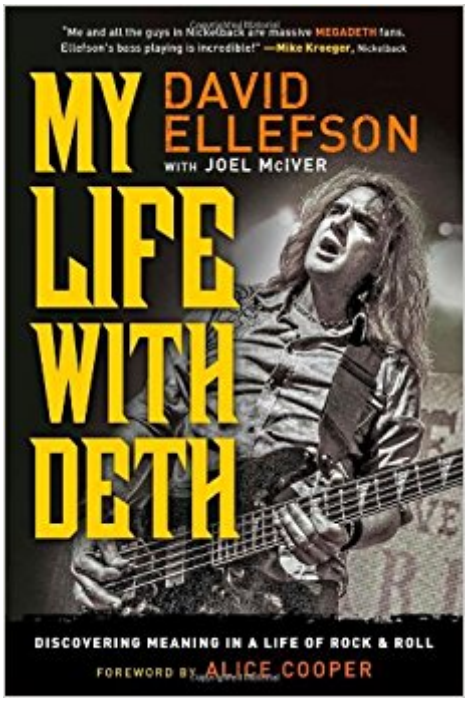
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My Life With Deth: Discovering Meaning In A Life Of Rock & Roll



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Synopsis

One of the hardest headbangers of heavy metal shares his uplifting and empowering memoir about overcoming addiction and dedicating his life to God.> >, cofounder and bassist of MegaÃ Â- deth David Ellefson reveals the behind-the-scenes details of life in one of the worldÃ¢â ¬â„¢s most popular heavy metal bands. If youÃ¢â ¬â„¢re looking for revelations, theyÃ¢â ¬â„¢re here, including the drug habits that brought the band members to their knees. YouÃ¢â ¬â„¢ll learn of DavidÃ¢â ¬â„¢s unsucÃ Â- cessful attempts at rehab and the period when he was strung out on methadone, cocaine, and heroinÃ¢â ¬â •all at the same time. But > 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 addicÃ Â- tion. In his recovery, he returned to his childhood roots in the Lutheran church and embraced his Christianity that continues to inform his life and work today. In the pages of this book, youÃ¢â ¬â„¢ll find insightful comments from some of the biggest names in heavy metal, along with life lessons for every reader. Whether religious or not, youÃ¢â ¬â„¢ll be enthralled, informed, and inspired by this tell-all book on discovering meaning in a life of rock and roll.

Book Information

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Customer Reviews

"David has a unique platform in life. He has street cred and is Spirit-led. He has graced the cover of Christian Musician magazine twice now, and we have had David teach bass and tell his story at everything from a mainstream guitar show to the largest training conference for Christian musicians

in the country. He has been our guest pastor at the Musician's Chapel at the Winter NAMM Convention, and I have seen him in action building up others' lives through one-on-one relationships. I am honored to call him friend. I personally believe that God smiles when he thinks of what he has done with David Ellefson." (Bruce Adolph, Publisher of Christian Musician magazine, Producer of Christian Musician Summit Conferences)"Ellefson is the founding bass guitarist of the multimillion-copyÃ¢â ¬â œselling metal band Megadeth. He is also studying to be a Lutheran pastor and is the son of a Minnesota farmer. How all that hangs togetherÃ¢â ¬â •and it doesÃ¢â ¬â •is the subject of his memoir, co-written with English music journalist McIver. . . . Metal music fans will find this a fascinating backstage read. . . . Yet everyone can appreciate EllefsonÃ¢â ¬â„¢s unpretentious tone and the delightful irony of a serious Christian who helped define seriously heavy metal music." (Publishers Weekly)Ã¢â ¬Å“David accepted that he needed help, and he is now living his life the way he wants to live it. Ironically, sometimes the most rebellious and controversial thing a rocker can do is become a Christian.Ã¢â ¬Â• (Alice Cooper)Ã¢â ¬Å“When it comes to religion, I admire anyone who doesn't just chime in with 'Well, I believe this, and this is the way everybody in America thinks.' I give Ellefson credit for that. He doesnÃ¢â ¬â„¢t try to talk me out of my beliefs.Ã¢â ¬Â• (Kerry King, Slayer)Ã¢â ¬Å“It can be a lonely place trying to stay sober when everyone else around you is partying, so when I want to know how to do it, I look to older, wiser people who have done it before.David is one of those guys.Ã¢â ¬Â• (Randy Blythe, Lamb Of God)"I love this book!" (Dave Mustaine)"An inspiring book on how a man's faith pulled him out of his addictions and put him on top again in the metal world and, more importantly, in life." (Jim Florentine, Co-host of VH1's "That Metal Show" and Sirius/XM's "Metal Midgets")

David Ellefson is a founding member of the Grammy-nominated heavy metal band Megadeth and founder of the worship service MEGA Life! Ministries in Arizona. Megadeth has sold more than twenty million albums and received eleven Grammy nominations.Joel McIver is the bestselling author of several books on rock music. His writing has appeared in several publications, including Rolling Stone, The Guardian, and Classic Rock.Alice Cooper (born Vincent Furnier)Ã Â is the leader of the legendary, Grammy-winningÃ Â rock band that shares his name. Alice and his band were inducted into the Rock and Roll Hall Of Fame in 2011.

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. Well, you can compare and judge for yourself.The GOOD thing is, after reading the 2 books, I can see how Ellefson was able to embrace and stick with sobriety for good much easier that Mustaine did. It goes to show that if you have a solid background in life, both family and religion, it is something to help you know right from wrong, believe in yourself and be strong---Mustaine had none of those advantages; no wonder he relapsed so many times! To Ellefson’s credit, his book offers no negativity toward Mustaine or anyone else for that matter. He shares a completely positive message, and takes full responsibility for his life.Here is a man that went from a naive kid from the midwest to a metal superstar--he deserves every success he has earned, and in doing so, it is clear to see that he is one of the greats, not just as a musician, but as a man. Mustaine should thank his lucky stars to have met him. Love him or hate him, I think Mustaine would have been a success no matter who was backing him up, but MEGADETH would not have been superstars without Ellefson all those years.In sum, Mustaine also made a comment that Ellefson is not someone you’d want in your foxhole, mostly because he is not a fighter (in the physical sense). I disagree. Ellefson is a fighter of a different kind, and one of the first people I’d want with me in a band, on a team, or as a friend. Read and enjoy!

Great read indeed, I got to cross paths with Megadeth a few times and I was surprised to see a brief

mention of my band in this book. Rock on Dave. Thanks for sharing ya story & the inspiration. JS

This is a good overview of the history, but not particularly detailed. It is inspiring in places. It is about personal growth and addressing demons. Dave Mustaine gets a free pass in this book. And let's be honest, Ellefson has plenty of ammunition if he had wanted to use it. But he didn't. There is actually remorse in this book, which is a little uncommon in my view. The end gets very preachy, which is fine if that's what you want to hear. A very honest story. Definately worth buying. Also could be looked at as a story of inspiration for people who have struggled addiction and just being lost. I personally found it isnspiring with a lot good sound advice. Very good tool for guidance in the Music "Business" as well.

I love this book. Dave's got a great story and I enjoyed reading it. Mr. Ellefson shops occasionally in a store where I work and I was able to have him autograph it for me which made it even better. I'm not even that big of a Megadeth fan but after hearing about his life and then reading the book, I'm so glad I picked it up. I'm a big fan of reading this type of book from the bands that I grew up with.So glad to hear about Dave becoming a Christian as well. I was a rock n roll kid who became a Christian too.

Any fan of Megadeth will LOVE, LOVE, LOVE this book. While never a substance abuser myself, I have worked with many, and Dave describes his struggles so well you will feel like you are right there with him. He never shies away from telling you how difficult drug addiction is to beat or the rewards once he became clean and sober.. it is very honest and insightful as to both experiences. It is nice to see that Dave is as kind and open as he is talented. In short, it is very well written, insightful, revealing, and honest. One cannot ask for more than that.I also have to admit that I am a HUGE fan of Megadeth, especially of Dave Mustaine and Dave Ellefson, so this book was a true treat for me to read. I am so happy to see Megadeth back as strong as ever musically and stronger than ever personally.

David Ellefson has written an amazing history of Rock and Roll, Megadeth, and his personal struggles. Those days of hard drugs, cool liquor, and a good beat catch up with you physically, and spiritually. Do not discount David and his personal brand of Rock and Roll. This book tells his story, and thank God unlike others (Kurt Cobain, Keith Moon, et al) he has survived to tell his very personal story. This book lets you see the side of Rock and Roll we hear about, but never really

know about. Definitely buy this book. You will not be able to put it down until finished.

Great book and fast service. Thank’s

Really enjoyed reading about David Ellefson’s journey from the Midwest-LA and the truly thoughtful account of hitting self inflicted lows in a business you’d think would only be full of highs. David’s life with, and the evolution of MegaDeth I found to be a true love for David, and he comes across as a very average guy with extraordinary passion. Creating, maintaining, and rebuilding relationships occur throughout and consistent transitions make this "rock" bio a very honest and interesting read. David’s Christian roots never really let him go, and it is obvious that he has never run away from questions, answers, or reality. Rock On!!

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