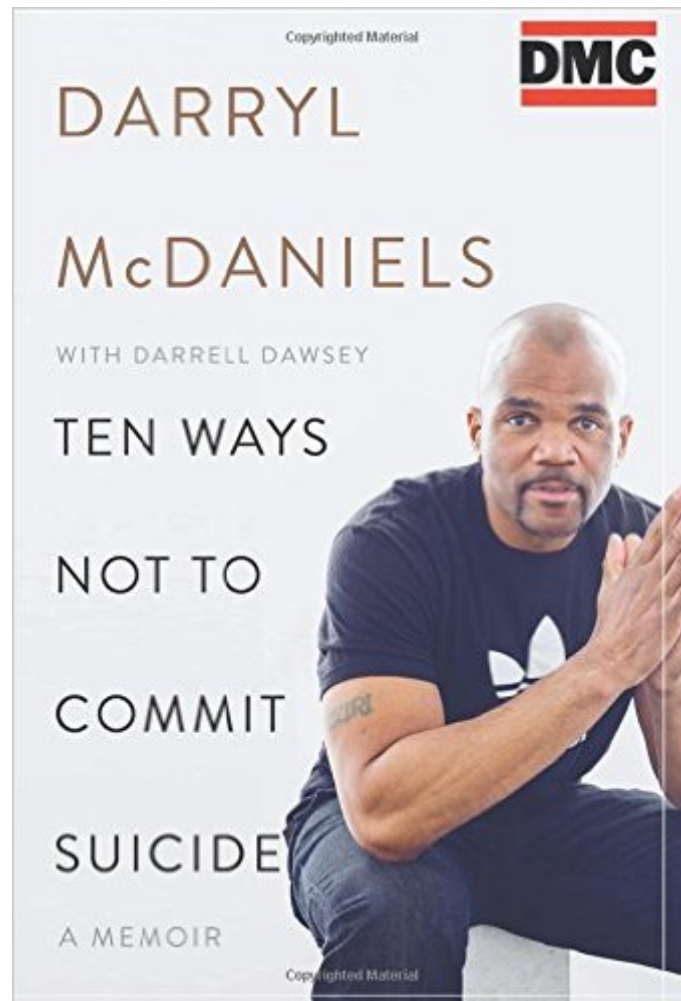


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Ten Ways Not To Commit Suicide: A Memoir



Synopsis

In this surprising and moving memoir, the legendary rap star and cofounder of Run D.M.C. keeps it a hundred percent, speaking out about his battle with depression and overcoming suicidal thoughtsâone of the most devastating yet little known health issues plaguing the black community today. As one third of the legendary rap group Run D.M.C., Darryl âDMCâ McDanielsâaka Legendary MC, The Devastating Mic Controller, and the King of Rockâhad it all: talent, money, fame, prestige. While hitting #1 on the Billboard charts was exhilarating, the groupâs success soon became overwhelming. A creative guy who enjoyed being at home alone or with his family, DMC turned to alcohol to numb himself, a retreat that became an addiction. For years, he went through the motions. But in 1997, when intoxication could no longer keep the pain at bay, he plunged into severe depression and became suicidal. He wasnât alone. During the same period, suicide became the number three leading cause of death among black peopleâa health crisis that continues to this day. In this riveting memoir, DMC speaks openly about his emotional and psychological struggles and the impact on his life, and addresses the many reasons that led himâand thousands of othersâto consider suicide. Some of the factors include not being true to who you are, feelings of loneliness, isolation, and alienation, and a lack of understanding and support from friends and family when itâs needed most. He also provides essential information on resources for getting help. Revealing how even the most successful people can suffer from depression, DMC offers inspiration for everyone in painâinformation and insight that he hopes can help save other lives.

Book Information

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Customer Reviews

what a compelling Book. when you are a member of the Hip Hop Version of the Beatles or the Jackson 5 everything is thrown your way and what happens during down time are never talked about near as much. all the trappings and pressure to stay on top of a fickle business. and this book pulls no punches and takes you behind all he went through. thing is this book can be related to all acts and it doesn't matter what style fo music because fame and popularity has no favorites of bringing problems. truly a must read and honesty

Excellent book! I was a bit intrigued to find out how one goes from being one of the greatest emcees to struggling with a phonation disorder. (Spasmodic dysphonia causes involuntary spasms of the vocal cords.) What I found was more than that. I found the story of a husband, father, friend and son. Darryl is an introverted artist who used music to cope with the trials and tribulations of life. I really enjoyed reading his memoir.

This is a very quick one sitting read. I think it is grossly mis-titled, because there is no lists of ten anything. The title leads you to believe that DMC will give those who are in a state of depression, 10 ways to fight that condition and turn things around. We get an intimate look at the battle that he has waged against depression and how therapy and some tapping the power within has helped him. The book is more memoir than self help, and that's ok. As a fan of RUN-DMC, I was surprised to see this title from him, and suicide in the title piqued my interest which prompted me to read his story. I think he does a decent job of giving the reader insight into what was troubling him, and his relationship with RUN will have fans looking backwards for clues of discordance. I was hoping for something that would be able to help young men or women deal with depression in their life, but in the area of help and resources the book comes up short. However, still intriguing and brave of DMC to share his story, even if it is just to say, as he ends the book, "You are not alone." 2.5 stars

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