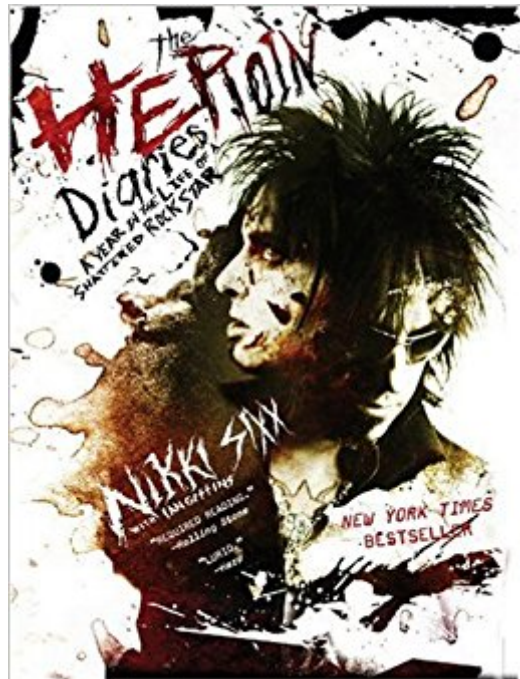


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# The Heroin Diaries: A Year In The Life Of A Shattered Rock Star



## Synopsis

In one of the most unique memoirs of addiction ever published, Mötley Crüe'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 Mötley Crüe 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.

## Book Information

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## Customer Reviews

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.

I could not put this book down. I read it in one sitting. Not only is it a great read, the format of passages interspersed with lost lyrics, photos, and artwork is fantastic, and made it much more of a multi-dimensional experience than merely reading words. The words themselves tell a story that is tragic, heart-wrenching, shocking, gritty and at times sickening in their truth. This is a story of the un-glamorous disease of addiction in the glamorous world of entertainment and rock and roll. The honesty is brutal, and it left me changed. I have nothing but admiration for Nikki in his willingness to share this unflattering aspect of his life in the effort to save if only one soul. Many thanks for this gift.

Nikki Sixx has treated his fans and the memoir-consuming public to a real, live diary of a dope fiend. The Heroin Diaries recounts a dark year in the life of the Motley Crue bandleader/bassist. During 1987, the Crue was on top of the world with the Girls, Girls, Girls album release and world tour, but Nikki was hopelessly addicted to heroin (and coke, and pills, and casual sex), and living a caricature of the rock star lifestyle. (In perhaps the lowest moment of the book, he steals the girlfriend of a member of his management team. Well, he doesn't "steal" her. He meets her, vows her with his

rock star style, bends her over some equipment backstage, and moves on. Without any regard for the relationship he just destroyed.) I had some hesitations about an art-style book written in diary form, with a smattering of lyrics and ink-blot-style illustrations. I'm a huge fan of *The Dirt*, and at a quick glance, this appeared to be more of a vanity project. Well, don't judge a book by its cover! *The Heroin Diaries* does contain Nikki's insane drug-addled ramblings, but it is augmented by quotes from band members, ex-girlfriends, photographers, band management, family, and friends. These are interspersed with the rather terse diary entries to provide perspective and context for Nikki's writings. All the players are brutally honest about Nikki's (and their own) failings during the hedonistic days of Motley Crue. (I now forgive the delay of the release of this book--I'm glad the authors and editors spent the time getting these quotes on the record.) The reader is treated to an inside look at what it is like to have all the money in the world and not observe any of the limits of traditional society. Nikki and his band shared a love/hate relationship with the drug. Nikki knew it inspired paranoia and ill health, but he craved the escape. His bandmates disliked Nikki's strung-out flakiness, but they also needed the break from Nikki's intensity, and recording sessions were more pleasant when heroin took some of the edge off. Nikki's drug dealer made a lot of money off the rock star, so he was always willing to make special deliveries or go out of his way to get back his customer when Nikki did a stint in rehab. *The Heroin Diaries* is a priceless piece of rock history (Nikki loved the as-yet-undiscovered Guns N' Roses and loathed the goody-two-shoes Whitesnake with their reliably decent performances). During this time, Nikki bought out all his band's master tapes from his former record company, which was a musicians-rights coup that has hardly been rivaled in the ensuing two decades. With a gag order on the specifics, he is only able to skirt around the issue, but this is just one of many accomplishments Nikki achieved while addicted to dope. Who knows what he could have done off the stuff? The book's architecture allows Nikki to step fully into the role of dope fiend, without preachy commentary and wisdom of hindsight, while his friends, family, and band provide the context and real-world perspective on his downward spiral. Only at one point does Nikki interrupt his own writings with a note that he was obviously lying to himself and his diary about his relationship with heroin as he was about to embark on tour. This is drug-addiction, rock star style, and recovery-memoir, rock star style. It's a match made in rock n' roll heaven. I'm glad Nikki is still here with us to share his story and keep making music.

This book makes me feel sick. It turns my stomach to think that people are actually willing to put themselves through such torture. My sister is a heroin addict and after reading this book, I kinda get the idea of what her life must be like. It's odd that they don't see it as a problem, that it just becomes

"normal" life, and it's even odder that they don't get help to get away from the drugs. Well done to Nikki for finally connecting the dots and making his life a life worth living, and thank you to him for letting the world see what not to do! This book really opened my eyes to the life of an addict. It's well written and very descriptive...almost to the point of repulsion. If you want to keep your kids off drugs, then read them this book as a bedtime story!

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