



I Am Rock: A Metal State of Mind

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A look at the rock n' roll and heavy metal lifestyle of suburban youth during the late 1980s by someone who was actually there and lived it. There is more to rock n' roll than loud guitars, screaming vocals, thundering drums and roaring crowds. Rock n' roll is an inherent state of mind that begins before, and extends far beyond, the edge of the stage, Prepare to embark on a journey through the bizarre world of the heavy metal suburbia of the late 1980s, when hair bands ruled and the party never stopped. A world of sex, drugs and rock n' roll. A world where nearly freezing to death, catching on fire, wild pig attacks, shooting at refrigerators, sleeping in garbage cans, demonic possession and sex with strippers meant the party was just getting started. A world where aspiring musicians invoked mayhem with their alcohol induced delusions and being in a band meant something. A world filled with car crashes, guns, cigarettes and anarchy. A world with a metal state of mind.

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