



# My Life with Deth: Discovering Meaning in a Life of Rock & Roll

*David Ellefson, Joel McIver*

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One of the hardest headbangers of heavy metal shares his uplifting and empowering memoir about overcoming addiction and discovering a life of faith.

In *My Life with Deth*, cofounder and bassist of Megadeth David Ellefson reveals the behind-the-scenes details of life in one of the world's most popular heavy metal bands. If you're looking for eye-opening revelations, they're here, including the drug habits that brought the band members to their knees.

But *My Life with Deth* 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 addiction.

Whether religious or not, you'll be enthralled and inspired by this tell-all book on discovering meaning in a life of rock and roll. You'll find insightful comments from some of the biggest names in heavy metal, along with universal life lessons. With a delicate balance between humor and earnestness, anyone "can appreciate Ellefson's unpretentious tone and the delightful irony of a serious Christian who helped define seriously heavy metal music" (*Publisher's Weekly*).

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