



The Man Behind "MY APPETITE FOR DESTRUCTION"

"Throughout my wretched life there isn't a friend, family member, or fantastic opportunity that I haven't shoved into a blender and mutilated." ~Steven Adler

By Helen Marketti

Guns 'N Roses was a band during the 80's who climbed the charts with their many hits, *Welcome to the Jungle*, *Paradise City*, *Sweet Child O' Mine*, *It's So Easy* and many more. The man who sat behind the drums to keep it together was Steven Adler. As time went on however, he could barely keep himself together. What has now emerged is a story of perseverance from one of rock's problem children.

The opening chapter in Steven Adler's autobiography describes in detail of what began as concert bliss, the roar of the crowd, the sweat spraying on his drums with each beat and then it quickly turned into a dark abyss, which took him years to recover. "When you are on stage, there is such a feeling of love that you receive. You are wanted, you are loved, you are respected and that is an incredible high," said Steven. "When you come off stage, it sometimes takes you days to come down from that. The feeling from a show can last for several hours. Let's say the show ends at 11:00 pm, well I may not go to sleep until 11:00 am the next morning, if I even go to sleep at all. You are constantly looking to keep feeding that excitement. It's like a monster. Once you no longer have the feeling of adulation, it's devastating. Back then to keep the good feeling going is when I started taking more cocaine."

Steven Adler's childhood was a rough road of rebellion, risk taking and pushing the envelope early on. "I was about eleven years old when I first beer bonged Old English 800 with some older kids who lived down the street. They were in a garage band and that is probably how I first got started with all that stuff," remembers Steven. "I was pretty messed up. They walked me back to my house. I remember walking in the front door

and here is my mom with her lady friends having a Tupperware party. Well, in front of my mom and all her friends, I proceeded to throw up everywhere! The next day is when all of my belongings were on the sidewalk. I kind of brought it all down on myself but I didn't know. If these things didn't happen though, I would have never met Slash. Right at the moments when you think your life is over and nothing good is going to happen is just when you will be surprised at when something good does happen. Things happen for a reason. I do know that."

When times were tough and it seemed his family gave up or turned their back on him, Steven always had his grandparents to turn to. "After that incident, I went to live with my grandparents. I went from not being really wanted to being the only thing that was wanted. I was trained to be a warrior at the age of eleven."

Music has always been the driving force for Steven Adler even when it seemed the darkest of his days would never see him behind a set of drums again. "I knew at a young age what I wanted to do. I didn't have the ideal home life with my mom, dad and brothers but I was very grateful to have had my grandparents. I was my grandma's angel," recalls Steven. "She was prepping me for life because she knew what I had ahead of me. My grandfather was such a trooper, always very supportive. Every person needs at least one person to look up to while they are growing up."

"I was very lucky to have a best friend in Slash," said Steven. "We have known each other since we were kids. I always looked up to him." There is a part of the book where Steven describes an early jamming session as kids with Slash. It was Slash and his guitar, Steven and his drums. "It was a 4-way conversation,"

said Steven. "That's how we talked. Music is everything. It's heart and soul. It makes you walk, makes you run, makes you love, live and have desire. Music is powerful."

A reckless rock and roll life style brought Steven to the edge and back several times. "I survived a cocaine induced stroke and at that time I was also shooting up heroin. Once I had my stroke I basically had to go back to kindergarten and learn how to talk again. I had to learn how to function. I was determined not to be one of rock's casualties. So many people that I went through the 80s with didn't make it through the 90s. I was blessed to have made it through but I have a lot of scars to show for it."

Steven has his own band, Adler's Appetite. Band members are, Rick Stitch (vocals), Michael Thomas (guitar), Alex Rossi (guitar) and Chip Z' Nuff (bass). "They are all wonderful guys and wonderful musicians. All of us can travel together, live together and get along. It is so rare that no one is an asshole," laughs Steven. Adler's Appetite is often on tour and recording new material. Having seen Steven and his band in concert, one is able to see the love from the crowd towards him and the feeling is mutual. "The love I receive from everyone is healing for me. From all the abuse I inflicted upon myself, I feel healed by the love of my fans. I feel like I am growing again. I want to thank all of my fans for their love, support, prayers and hugs."

Steven also keeps positive with the mantra; *Believe it and you will do it*. "You have to believe in yourself and keep going. You have to stay consistently focused. If you doubt yourself for a second, it's over."

When asked if a Guns N Roses reunion tour would ever be possible, Steven said, "I loved Axl. He was part of my life once. If he comes back around again, then great. If not, then that's fine, too. I'm not waiting around for him or anyone else. I hope Slash and Axl read my book and realize what a special thing that we all had together. Musically, we could do no wrong."



For more information on Steven Adler, his music, tour schedule and current projects, please visit: www.adlersappetiteonline.com

Steven Adler's autobiography, "My Appetite For Destruction" (Harper Collins) has been on the New York Times national bestseller list! Check with your local book stores, Borders Books, Barnes & Noble or Amazon.com

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