



# Stick It!: My Life of Sex, Drums, and Rock 'n' Roll

*Carmine Appice*

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## **Stick It!: My Life of Sex, Drums, and Rock 'n' Roll** Carmine Appice

He ran with teenage gangs in Brooklyn before becoming a global rock star in the Summer of Love. He was managed by the mob, hung with Hendrix, trashed thousands of hotel rooms, unwittingly paid for an unknown Led Zeppelin to support him on tour, taught John Bonham (as well as Fred Astaire) a thing or two about drumming, and took part in Zeppelin's infamous deflowering of a groupie with a mud shark. After enrolling in Rod Stewart's Sex Police, he hung out with Kojak, accidentally shared a house with Prince, became blood brothers with Ozzy Osbourne, and got fired by Sharon. He formed an all-blond hair metal band, jammed with John McEnroe and Steven Seagal, became a megastar in Japan, got married five times, slept with 4,500 groupies—and, along the way, became a rock legend by single-handedly reinventing hard rock and heavy metal drumming.

Carmine Appice has enjoyed a jaw-dropping rock-and-roll life—and here he is telling his scarcely believable story. Cowritten with Ian Gittins, the coauthor with Nikki Sixx of the *New York Times* bestseller *The Heroin Diaries*, *Stick It!* is one of the most extraordinary and outrageous rock-and-roll biographies of our time.

## **Stick It!: My Life of Sex, Drums, and Rock 'n' Roll Details**

Date : Published May 1st 2016 by Chicago Review Press

ISBN : 9781613735527

Author : Carmine Appice

Format : Hardcover 256 pages

Genre : Music, Nonfiction, Biography

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## **From Reader Review Stick It!: My Life of Sex, Drums, and Rock 'n' Roll for online ebook**

### **Nick Cato says**

A compulsive read and portrait of a genuine rock god: there's plenty of backstage sex and drugs stories, but it's Appice's fascination and admiration of his drum idols (some of whom he became good friends) that makes this book shine. The author's stories of growing up in Brooklyn are often hilarious, and it's amazing to think his groundbreaking drum clinics (and famous drumming work books) ever happened with all the partying he did.

Fun, fun, fun. A perfect beach read even if you're not a fan of Appice's music.

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### **Sleaze Roxx says**

As the title suggests, Stick It is filled with lots of sex as it progresses through five decades of hard rock music. From the vindictiveness of Sharon Osbourne, the deceptiveness of Jeff Beck, Rod Stewart's Sex Police, and a behind the scenes look at Led Zeppelin's infamous 'mudshark' incident, Carmine Appice takes you on an unbelievable journey through the twisted world of rock 'n' roll.

Despite several stumbles along the way, Appice takes it all in stride, although the implosion of King Kobra and the influx of grunge music took him to the brink of sanity. Stick It would have got a five star review if it was a little more in-depth at times... as Appice occasionally speeds through stories that begged for greater detail. Despite that, this is a quick and satisfying read from a drummer whose career has endured longer than many of his contemporaries life spans.

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### **Dan Pike says**

One look at my profile and it is clear that I have read nearly 100 different Rock and Roll biographies, so it is safe to say that I enjoy and am familiar with the genre...Unfortunately, this one was one of the absolute worst that I can remember...'Stick It!' is an unbelievably obnoxious, vain, melodramatic, sexually abhorrent, and utterly juvenile read...I actually thought that I 'liked' Carmine Appice prior to reading his book, but his own story and character revelation changed my mind...In addition, Appice's constant effort to exaggerate his relevance and impact on rock history by constantly claiming that the mediocre bands he was in such as Cactus, Vanilla Fudge, and King Kobra blew Led Zeppelin, Black Sabbath, and KISS 'off the stage' is laughable at best...'Stick It!' personifies Appice as a modern day Rock and Roll Forrest Gump, placing him as the hub of influence for many of Rock's greatest bands, artists, and songs...More whining, excuses, and bad timing stories which kept him from 'world dominance' than one can reasonably tolerate...Sorry, but for me, Mr. Appice remains a legend only in his own little dirty mind.

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### **John Arnold says**

I read it straight through. Easy reading. Talks about groupies a lot, touring, and some legendary rockers (and not as well-known rock guys). Gets into some personal territory in Carmine's life as well.

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### **Barry Hammond says**

One of the original bad boys of rock and roll, Carmine Appice has done it all, from his early years as a juvenile delinquent on the streets of Brooklyn, to wild days and nights in The Vanilla Fudge, to a lengthy career playing with Jeff Beck, Rod Stewart (with whom he co-wrote "Do Ya Think I'm Sexy"), Ted Nugent, Ozzy Osbourne and many others, writing one of the first books on rock drumming, and being a sought-after teacher of drum clinics. A fascinating life! - BH.

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### **Marika says**

Rock star memoirs are known to be salacious but this book is beyond that. I quit reading after the umpteenth GRAPHIC groupie sex encounter. I'm no prude but I draw the line at in-depth descriptions involving \*fat chicks\* (his term) butter, and anal penetration by assorted man-made objects. This book is a nonfiction "50 Shades of Gray" and about that quality of writing. Pass.

Note: I received a free review copy of this book and was not compensated for it.

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### **Dave says**

Quite a wild read by Appice detailing his life growing up in Brooklyn rather poor to learning drums and becoming a member of Vanilla Fudge to playing with Jeff Beck, Rod Stewart, and Ozzie to name a few. Many accounts of the "sex" part of the title are relayed along with a detailed account of the infamous "mud shark" incident in Seattle while touring with Led Zeppelin.

I met Appice once at a Vanilla Fudge signing at the Exclusive Record store in Greenfield, Wisconsin back in the fall of 2015 and he was a nice enough guy. He and the band signed two albums of mine including their latest "Spirit of '67". I had asked them about touring with Led Zeppelin and Mark Stein corrected me and said Zeppelin toured with them and opened for them. Appice did say in his book that John Bonham copied a lot of his drumming techniques and tricks some of which even Appice forgot he did.

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### **Maryanne Christiano-Mistretta says**

NOTE: CONTAINS SPOILERS!

Last week I went to Carmine Appice's book reading/signing at Barnes & Noble, Springfield, New Jersey. One week later, I am a better person for it. Seriously. This was more than a rock 'n' roll memoir, it was a religious experience.

Carmine Appice is refreshingly honest, down-to-earth and funny as hell. With assistance from Ian Gittins, the book is beautifully written ... as if you are right there talking with a friend.

From the get-go, your adrenaline starts pumping because Carmine knew right away he wanted to be a drummer and he never missed a beat getting to where he was supposed to be in his career — effortlessly. He was in so many different bands with so many prominent musicians during a 50-year work span: Vanilla Fudge, Cactus, Jeff Beck, Rod Stewart, Ted Nugent, Ozzy Osbourne ... to name a few.

With life's ups and downs, whether it was a band not working out, or a romantic interest going sour, or health issues, Carmine never stayed "down" too long. He was a survivor, a "roll with the punches" kinda guy. There was always an opportunity for him; and he always worked hard. Most impressive, he lived a rock 'n' roll life, but never really got into drugs.

Not that Carmine was a saint. Oh, no, there are plenty of groupie stories ... weird, wild, and disturbing. Sex seems to have been his biggest vice. And love. Or what he thought was love; he married five times!

When reviewing a book, one is not supposed to reveal the ending, but #1, at the beginning of this blog I did write a disclaimer that this review contains spoilers. And #2, I can not contain my enthusiasm about how happy this book ended! Always a sucker for true romance, I cried tears of joy, at the end when Carmine fell madly in love with Leslie Gold (<http://www.theradiochick.com/>). Leslie herself even wrote a few pages about how they met and the challenges of their relationship. She is just as down-to-earth and honest as Carmine was throughout the book.

As anyone in a healthy relationship knows, love is not about having a "yes" man, but having someone who challenges you intellectually and emotionally, to get to a higher level. This is what Carmine found in Leslie. This is exactly what Carmine needed. In the final pages it's where Carmine changed the most — for the best.

Carmine admitted to sleeping with 4500 women in his lifetime, but his Leslie was the lady that mattered most — his 4501.♥

With all Carmine's fame and riches, it's the last pages that are truly the most prosperous — the last pages are like the pot of gold at the end of his life's beautiful rainbow. During his final reflections, he looks back on the ups and downs of his career; he speaks of his remorse and shame for mistreating some groupies; he talks of his deep love for his children; and of course his love for Leslie.

If there's ever a "feel good" rock 'n' roll story, this is it!

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