



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

Carmine Appice, Ian Gittins, Rod Stewart

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Carmine Appice has enjoyed a jaw-dropping rock-and-roll life—and now he is telling his scarcely believable story. Appice ran with teenage gangs in Brooklyn before becoming a global rock star in the Summer of Love, managed by the Mob. He hung with Hendrix, unwittingly paid for an unknown Led Zeppelin to support him on tour, taught John Bonham to play drums (and helped Fred Astaire too), and took part in Zeppelin's infamous deflowering of a groupie with a mud shark. After enrolling in Rod Stewart's infamous Sex Police, he hung out with Kojak, accidentally shared a house with Prince, was blood brothers with Ozzy Osbourne and was fired by Sharon. He formed an all-blond hair-metal band, jammed with John McEnroe and Steven Seagal, 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. His memoir, *Stick It!*, is one of the most extraordinary and outrageous rock-and-roll books of the early twenty-first century.

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