



Hit Hard: A Story of Hitting Rock Bottom at the Top

By Joey Kramer

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“If ‘sex, drugs, rock ‘n’ roll’ is what you want, it’s what you’ll get in these photo-laden pages. Kramer’s style is honest, straightforward and pulls no punches.”

— *Publishers Weekly*

Cash meets *The Heroin Diaries* in *Hit Hard*: Aerosmith drummer Joey Kramer’s moving and inspiring story of fighting personal demons, as well as a wildly glamorous, crazy, drug-addled, behind-the-drum-set look at one of the greatest bands in rock n’ roll history. From never-before-told Aerosmith war stories across their entire 40 year career to Joey’s own struggles with addiction and depression, *Hit Hard* is only the second authorized biography of the band—following the *New York Times* bestseller *Walk This Way*—and the first autobiography from any Aerosmith band member.

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Editorial Review

From Publishers Weekly

Being a rock star in the music business oftentimes is not all it's cracked up to be, as Aerosmith drummer Kramer aptly shares in his memoir. Much of the story centers on his drug and alcohol abuse, and his love/hate relationship with his father, his wife and bandmember Steven Tyler. He delves sporadically into the discovery of his own musicianship and creation of his sound, but the main theme is recovery—as an addict and again as a sober but emotionally unhealed man who suffers a nervous breakdown: I felt like someone was peeling back my skin, ripping off scar tissue. Having been with Aerosmith since its inception and naming the band himself, Kramer recounts climbing to the top of the musical ladder, the fall from grace and virtual disappearance of the band to the climb back up, but this is not an autobiography of the band. It's a sideman taking front and center. If sex, drugs, rock 'n' roll is what you want, it's what you'll get in these photo-laden pages. Although the tale is a predictable one, Kramer's style is honest, straightforward and pulls no punches. (*July*)

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Review

“If ‘sex, drugs, rock ‘n’ roll’ is what you want, it’s what you’ll get in these photo-laden pages. Kramer’s style is honest, straightforward and pulls no punches.” (Publishers Weekly)

“I love this book; this is an important book, because it’s not bullshit. Joey had the balls to see what underneath the hood, and to fix it. Being a rock star was easy compared to that.” (—From the Foreword by NIKKI SIXX, author of *The Heroin Diaries*)

From the Back Cover

In 1997, amid Aerosmith's sold-out world tour and number one album release, word about Joey's troubles was reported in the press. Despite the advice he had received to play it down, Joey revealed in an interview his ongoing struggles with depression. The response from fans and people battling those same internal demons was overwhelming. Joey—who has been the drummer in Aerosmith since it was founded in 1970 and is the first member of the band to release his own book—now tells the complete story: the early days of the band, glamorous drug-addled events leading up to their eventual sobriety, battles within his family and among bandmates, and the explosive internal dynamics in Aerosmith that continue to unleash a fury of endless creativity.

This is not just another rock 'n' roll memoir. In addition to the never-before-told Aerosmith war stories that abound in the book, *Hit Hard* unpacks the history of a rock star who was both fragile and tough, who after years of insane wildness became willing to accept help and finally kick a serious alcohol and drug addiction, only to find that the real terrors and hard work were still ahead. It's the story of an average kid from an average American suburb who went through physical and emotional trauma. It's about years of depression and the nervous breakdown at the height of the band's comeback success. Ultimately, *Hit Hard* is about how Joey recognized his confusion between love and abuse, awakening to the kind of self-acceptance and compassion that make relationships possible in the "real world" as a member of the biggest band in American history.

Users Review

From reader reviews:

Pamela Adair:

A lot of people always spent all their free time to vacation or go to the outside with them family or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day every day to reading a book. The book Hit Hard: A Story of Hitting Rock Bottom at the Top it is extremely good to read. There are a lot of people that recommended this book. These were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to fund but this book offers high quality.

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Stephen Stansbury:

Some people said that they feel uninterested when they reading a publication. They are directly felt that when they get a half areas of the book. You can choose often the book Hit Hard: A Story of Hitting Rock Bottom at the Top to make your own reading is interesting. Your skill of reading talent is developing when you like reading. Try to choose easy book to make you enjoy to learn it and mingle the idea about book and examining especially. It is to be very first opinion for you to like to open up a book and read it. Beside that the reserve Hit Hard: A Story of Hitting Rock Bottom at the Top can to be your brand new friend when you're truly feel alone and confuse with the information must you're doing of these time.

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