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Death Punch'd: Surviving Five Finger Death Punch's Metal Mayhem



Synopsis

From the cofounder of Five Finger Death Punch, a fascinating inside account of one of the most successful heavy-metal bands of the past decade, and a revealing personal journey through the wild highs and terrifying lows of the rock and roll lifestyle—a wry and rollicking tale of music, addiction, and recovery. Hailed by the New York Times as one of the most unexpectedly consistently popular bands on the rock charts, Five Finger Death Punch has become the new heavyweight champ of the metal scene. In this high-energy memoir, Jeremy Spencer, the band's cofounder and drummer, takes us onstage and behind the scenes, on tour and into the studio to tell the band's story and his own. *Death Punch* is a detailed in-depth account of the group's origins and influences, as well as the infighting and tensions that, when channeled properly, result in the music fans love. It is also the hard-charging, laugh-out-loud tale of how a mischievous boy rose from small-town Indiana to rock royalty—and how he nearly destroyed it all for a good time. Told in his unique, self-deprecating voice, filled with his twisted and humorous take on living the sex, drugs and rock n roll dream turned nightmare, and including dozens of photos, *Death Punch* is a lively, no-holds-barred ride and an inspiring cautionary tale that offers lessons for us all.

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Customer Reviews

One of the best rock n roll, addiction and redemption stories since Nikki Sixx's *The Heroin Diaries* (Alice Cooper) It is a testament to Jeremy's character that he emerged from the clutches of addiction to write this compelling book. (Nikki Sixx)

A fascinating inside account of one of the most successful heavy metal bands of the past decade and a revealing personal journey through the wild highs and terrifying lows of rock 'n' roll from the cofounder of Five Finger Death Punch, Jeremy Spencer"Everything, including success, comes with a price."Hailed by the New York Times as "one of the most unexpectedly consistently popular bands," Five Finger Death Punch has become the heavyweight champ of the metal scene. In this soulful, inspiring, and entertaining memoir, Jeremy Spencer, the band's cofounder and drummer, takes us behind the scenes, on tour, and into the studio to tell the band's raucous story and his own.Death Punch'd is a detailed in-depth account of the group's origins and influences. With fierce honesty and self-deprecating playfulness, Jeremy details cutting the band's first demo and hitting the road to tour the world, providing snapshots of a life fueled by sex, booze, drugs, and a thrashing metal sound. He also reveals the fighting and tensions among highly opinionated musicians that grew increasingly out of controlâ "battles that created both intense drama and the music fans love.In addition to pulling back the curtain on the band, Death Punch'd tells Jeremy's personal hard-charging, laugh-out-loud tale of how he left small-town Indiana with \$150 in his pocket and rose to rock royaltyâ "and how he nearly destroyed it all for a good time. Jeremy takes us back to his childhood in the eighties, introduces us to his down-to-earth family, and recalls adolescent exploits and a journey to addiction that landed him in rehab at sixteenâ "dangerous behavior that became bigger, bolder, and badder until Jeremy bottomed out before it was too late.Told in his unique, darkly humorous voice, filled with Jeremy's twisted take on how his rock 'n' roll dream turned nightmare, and including dozens of photos, Death Punch'd is a lively, no-holds-barred ride as well as a sincere and inspiring cautionary tale to help anyone who is struggling to battle demons and addictions of their own.

If you love Five Finger Death Punch, or Jeremy Spencer, or just want a brutally honest inspiring book, this is the book for you! I love Death Punch and Jeremy is so awesome anyway, but getting read his story from his point of view really opened my eyes to the Jeremy inside. Some just see what rock stars go thru in social media and judge just based on that information. This book gives a different view of what rock stars really have to go thru that you don't see. There were many times my jaw dropped and thought "I can't believe he just said that in such detail". And other times I was in tears feeling the emotion of the situation. I also laughed a lot too at antics you can totally see Jeremy doing.lol Bottom line, buy this book. You will not regret any second the entire time you are

reading it. I bought paperback as well as kindle so I can take it with me and read passages anytime I need a Jeremy pick-me-up.

This is a book I could not put down! I'm pretty sure I'm the biggest fan of 5 Finger Death Punch so I bought this book blindly only knowing Jeremy wrote it... From the start of page 1 I was hooked (Jason anyone?) This story is one where I was rooting for him the whole time... Even though I know death punch worked out I truly felt as though it wasn't going to... The stories from his childhood are funny and tragic... This book is for those looking for a great redemption story or fans of death punch! The structure of the book is amazing going from modern times as an adult and then a story of his childhood... Its so good I have 2 copies and got them signed!!! This is the best book I have read in a long time... And it was written by Jeremy Spencer so that gets extra points in my book!!!

I've been a fan of Five Finger Death Punch for several years! When I heard Jeremy was writing a book, I couldn't wait to read it! After a very long wait, I finally received my copy 2 days ago. It was so worth the wait! Once I started reading, I didn't want to stop, and I didn't want the book to end! I laughed out loud. At times, I found myself with my mouth gaping open at some of the details...and other times, it was hard to fight back the tears! What more could you want from a book??? I am so glad Jeremy finally found the strength to say, enough is enough, because he is truly one of my favorite people on earth! Thank you Jeremy, for opening up your life to all of us! And thank you for being you!!!

Loved the book - a little shocking at first with how candid Jeremy was while writing this book but it gives those of us not in the music life style a very vivid picture of things that go on behind the scenes. Showed a side of Jeremy that most people don't get to see, he's human. Thank you Jeremy for giving this FFDP fan a look into your world - the good and ugly side of it. Congrats on getting your life back on track.

I loved this book! Jeremy was BRUTALLY honest about his addictions and life which really did not depict him in a positive light. I liked how he would flashback to his youth in between talking about the present I felt like it explained and linked a lot of his self destruction. Death Punch'd projected the hard work and heartbreak of struggling to make a dream come true while showing sometimes achieving a dream is not always what you expect it to be. While in much of the book Jeremy would talk about the selfish behavior he inflicted affecting the people he loved I still felt like he came away

showing that he loves big, but is just one of those people that doesn't know how to process and self destructs because of it. As a person with a lot of addicts/alcoholics in my family this book made me connect to the feelings of both the family of the addict and the actual addicts despair of not being able to help himself. I really did enjoy this look into Jeremy's life as well as the blips about Five Finger, since they are by far my favorite band! Also, have to say the cover is PERFECT!

Great read. I too am an addict in recovery and can appreciate the the rawness of this book. The struggle is real everyday. It doesn't hurt that I'm a huge fan of FFDP. I do want to know why Jeremy started wearing the costume and make up. Maybe in the next book he'll tell us.

Rockstar druggie gets clean, typical story, right? Well, Jeremy tells about how he was in rehab in high school. About how many times he did give up on the whole music thing. It's really a great read. The only Death Punch member I can think of who's book would be more interesting is Ivan Moody.

When people choose to let us into their weird little world's it can be an amazing gift of learning. I'm sure there are people out there that will be helped by reading about his life and how brutally honest he was.

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