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# Ten Ways Not To Commit Suicide: A Memoir



## Synopsis

In this surprising and moving memoir, the legendary rap star and cofounder of Run D.M.C. keeps it a hundred percent, speaking out about his battle with depression and overcoming suicidal thoughtsâone of the most devastating yet little known health issues plaguing the black community today. As one third of the legendary rap group Run D.M.C., Darryl âDMCâ McDanielsâaka Legendary MC, The Devastating Mic Controller, and the King of Rockâhad it all: talent, money, fame, prestige. While hitting #1 on the Billboard charts was exhilarating, the groupâs success soon became overwhelming. A creative guy who enjoyed being at home alone or with his family, DMC turned to alcohol to numb himself, a retreat that became an addiction. For years, he went through the motions. But in 1997, when intoxication could no longer keep the pain at bay, he plunged into severe depression and became suicidal. He wasnât alone. During the same period, suicide became the number three leading cause of death among black peopleâa health crisis that continues to this day. In this riveting memoir, DMC speaks openly about his emotional and psychological struggles and the impact on his life, and addresses the many reasons that led himâand thousands of othersâto consider suicide. Some of the factors include not being true to who you are, feelings of loneliness, isolation, and alienation, and a lack of understanding and support from friends and family when itâs needed most. He also provides essential information on resources for getting help. Revealing how even the most successful people can suffer from depression, DMC offers inspiration for everyone in painâinformation and insight that he hopes can help save other lives.

## Book Information

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## Customer Reviews

It's a rare peek behind the curtain at a group that made an indelible mark, then faded away. • (Rolling Stone) First, DMC transformed music with arch rhymes and hard, skyscraper-sized beats. Now, in *Ten Ways Not to Commit Suicide*, he promises to change the way we look at our lives and mental health with gentle, plainly-spoken language and an utter commitment to honesty. In both instances, his gift to us are his words: Often funny, sometimes bitter, typically sharp, always penetrating. But in *Ten Ways Not to Commit Suicide*, the driving rhythm we hear is the sound of his heart. A must-read. • (Harry Allen, Hip-Hop Activist & Media Assassin) I have longed admired DMC. He, his group Run-DMC, are as much of my soul as my own blood relatives. They changed hip-hop, pop culture, young people worldwide-and they made poor kids like me believe in ourselves. But with this memoir DMC has done something far greater: he has stripped away the fame and success and money and legendary status and presents himself as human, raw, naked. Mental health, depression, suicide are not things many are comfortable discussing publicly or privately. But we can't heal if we can't talk. And talk DMC does, uncomfortably, transparently, about his own life, in a way that is not only salvation for him, but a model for us all to follow. • (Kevin Powell, author of *The Education of Kevin Powell: A Boy's Journey into Manhood*) First, DMC transformed music with arch rhymes and hard, skyscraper-sized beats. Now, in *Ten Ways Not to Commit Suicide*, he promises to change the way we look at our lives and mental health with gentle, plainly-spoken language and an utter commitment to honesty. In both instances, his gift to us are his words: Often funny, sometimes bitter, typically sharp, always penetrating. But in *Ten Ways Not to Commit Suicide*, the driving rhythm we hear is the sound of his heart. A must-read. • (Publishers Weekly (starred review)) His descent into alcoholism and depression are written with such candor that it feels as though one is reading his personal diary. DMC not only deftly and concisely explains the Run D.M.C. formation and breakup but also intersperses inspirational wisdom for others struggling with difficult life circumstances as well. This important read isn't just a memoir; it is also a self-help book that opens the door for conversations about mental health. • (Library Journal) DMC's must-read memoir ventures into uncharted territory for all musicians, period-not just hip-hop artists. His honesty about his feelings easily makes this book an achievement that ranks alongside his Hall of Fame rhymes. • (Chuck D, Public Enemy) Darryl DMC McDaniels is a deeply-talented artist who has much to teach us. I applaud his courage and compassion in sharing his personal story. *Ten Ways Not To Commit Suicide* is an inspiring read for all audiences. • (Queen Latifah)

In this surprising and moving memoir, the legendary rapper and cofounder of Run-DMC speaks out as never before about his battles with depression and overcoming thoughts of suicide. As one of the founding members of the celebrated and influential rap group Run-DMC, Darryl DMC McDaniels seemed to have it all: talent, money, fame, prestige. Yet while his music was hitting number one on the Billboard charts, a feat most musicians only dream of, McDaniels's achievements were shrouded by his private struggles with alcohol and an anxiety fueled by the need to please others. As Run-DMC's success grew, overwhelming McDaniels all the more, his relationship with alcohol shifted: from being a crutch that helped him perform to a means of escape from a life that had become unbearable. McDaniels was forced to make an abrupt lifestyle change when he was diagnosed with acute pancreatitis and his doctor told him flatly, "You drink, you die." It was at this crossroad that the famed rapper finally chose life. In his quest to recover, he found what he'd been desperate for—a love, for his future wife, and, at long last, for himself. Throughout this riveting account, McDaniels speaks openly about his emotional and psychological struggles: feelings of isolation, loneliness, and of not being true to oneself. In recounting his own story, he shares essential information on how to seek help and find meaning during life's challenging times. An absorbing look at how inner suffering can plague even the most successful of individuals, *Ten Ways Not to Commit Suicide* offers inspiration and insight and a path toward the contentment McDaniels himself fought so hard to obtain.

what a compelling Book. when you are a member of the Hip Hop Version of the Beatles or the Jackson 5 everything is thrown your way and what happens during down time are never talked about near as much. all the trappings and pressure to stay on top of a fickle business. and this book pulls no punches and takes you behind all he went through. thing is this book can be related to all acts and it doesn't matter what style of music because fame and popularity has no favorites of bringing problems. truly a must read and honesty

Excellent book! I was a bit intrigued to find out how one goes from being one of the greatest emcees to struggling with a phonation disorder. (Spasmodic dysphonia causes involuntary spasms of the vocal cords.) What I found was more than that. I found the story of a husband, father, friend and son. Darryl is an introverted artist who used music to cope with the trials and tribulations of life. I really enjoyed reading his memoir.

I chose this rating because here is a man who finally took control of his own life and helped himself and others by doing so. I lost quite a few family members and friends to alcohol. It's heart-rending. I'd recommend this book to anyone who suppresses their emotional-mental pain with alcohol. A lot of people don't have the finances to check into a rehab center, but Mr. McDaniels Book is an encouragement to find their way.

Darryl is about being real. This was an engaging, heart felt, honest memoir. I've read quite a few by musicians of different genres. Reading how much he didn't quite connect with Run, put the RUN-DMC concert I saw this summer in perspective and paints RUN as an egotistical douche. Compelling and Amazing. Best book I've read in awhile.

DMC's discussion of learning he was adopted, finding his natural mother, and integrating his two families was honest and inspiring as was his recounting of his struggles with alcoholism. Rap fans would enjoy his tales of the early days of rap and the personalities involved.

This is a very quick one sitting read. I think it is grossly mis-titled, because there is no lists of ten anything. The title leads you to believe that DMC will give those who are in a state of depression, 10 ways to fight that condition and turn things around. We get an intimate look at the battle that he has waged against depression and how therapy and some tapping the power within has helped him. The book is more memoir than self help, and that's ok. As a fan of RUN-DMC, I was surprised to see this title from him, and suicide in the title piqued my interest which prompted me to read his story. I think he does a decent job of giving the reader insight into what was troubling him, and his relationship with RUN will have fans looking backwards for clues of discordance. I was hoping for something that would be able to help young men or women deal with depression in their life, but in the area of help and resources the book comes up short. However, still intriguing and brave of DMC to share his story, even if it is just to say, as he ends the book, "You are not alone." 2.5 stars

Very personal story. DMC narrated the audiobook and it was one of the most moving books I've ever listened too. I could not stop listening. I see his struggle in my own life.

Blunt and brutally honest look at the rise, fall and rebirth of one of Hip Hops legends. DMC takes you on a roller coaster ride of rap, fame and the addiction that almost took his life. Mike @ Mobilebeat Magazine

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