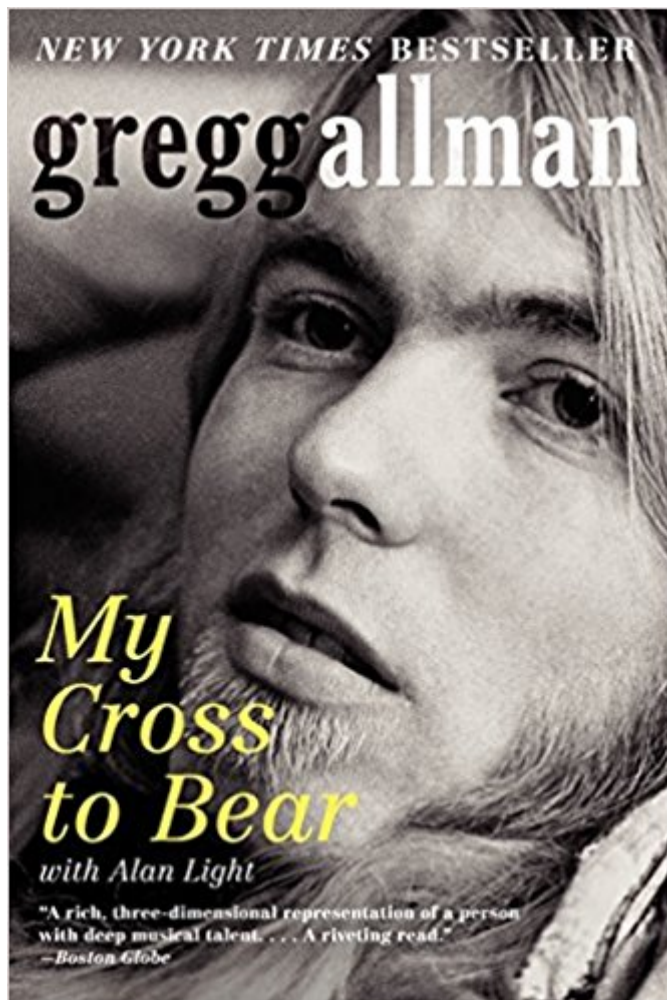


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My Cross To Bear



Synopsis

For the first time, rock music icon Gregg Allman, one of the founding members of The Allman Brothers Band, tells the full story of his life and career in *My Cross to Bear*. No subject is taboo, as one of the true giants of rock & roll opens up about his Georgia youth, his long struggle with substance abuse, his string of bad marriages (including his brief union with superstar Cher), the tragic death of his brother Duane Allman, and life on the road in one of rock's most legendary bands.

Book Information

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A Q&A with Gregg Allman Q: Why did you want to write this book and tell your story? Allman: I've actually been thinking about doing a book for a long time, and since the 80s, I've been putting bits and pieces of the story together. Just a bit here a bit there, that sort of thing. There have been a few books about the Allman Brothers over the years, and they all seem to tell one of two stories—either we were all out there sowing our wild oats, or we were constantly surrounded by tragedy. None of them really got the feeling of the band right, and that was what I set out to do. Q: What impact have your health struggles over the last few years had on the way you think about your life and history? Allman: Well, as I said, I've been working on this book for a while, but my health being what it has been over the last couple of years gave me an extra push to get the whole story down on paper. Last fall I was pretty sick, and I had this thought that it just wasn't my time yet. I've still got more songs in me, more stories to tell. I guess this is one of them. Q: Was it hard to make yourself think about the darker times in

your life? Allman: It was. I wanted to be as honest as I could, but at the same time, looking back like this was tough. Facing the past isn't easy. I threw down though, and didn't hold back. I didn't want anything colored up. Q: What do you hope an Allman Brothers fan would learn about you from this book? Allman: As I said before, for years, when people have talked about the band, they've tended to focus on the tragedy or the insanity of our history. Make no mistake, those are in the book and they're very real. But a lot of people don't understand just how much fun we had—especially in the beginning. I tried hard to include the good as well as the bad. Q: Has spending this time looking back at the band's history given you a different appreciation for what the Allman Brothers have accomplished? Allman: I'm not so sure it's a different appreciation so much as just amazed and proud that we're still here today. In the book, I talk about when my brother first called me about being in the band he said he had these two drummers and two lead guitarists, and I remember thinking that sounded like a train wreck. But somehow it worked then and it's worked ever since. It's an incredible band, filled with incredible musicians, and I've been very lucky to be a part of it. Q: Do you think that your kids will learn about you from reading this story? How about your bandmates? Allman: Sometimes when you're on the road with someone, it's easy to lose sight of just how far you've come. I've lived with these stories for a long time, but having them together, all in one place, is something else. Everyone always takes something different away from what they read. I can't say what people will learn, but my hope is they have some fun along the way. --This text refers to an out of print or unavailable edition of this title.

“This book is everything you could hope for: in a grizzled, laconic drawl, Allman provides a rambling backstage account of his five decades with the Allman Brothers Band, and he doesn't seem to hold anything back. (New York Times Book Review)A soul-searching rumination on a hard-lived life... For generations of fans, Allman's book provides insights into the many turns in that long road... MY CROSS TO BEAR carries a welcome seal of honesty. (USA Today)In his memoir, the rambling and rambunctious Gregg Allman lays bare his soul—In the end, Allman, writing with music journalist Light, has produced a fiercely honest memoir. (Publishers Weekly (starred review))This is a story about musical brotherhood. Rich and moving... Nothing less than profound. Life, love and music from one of the most influential American recording artists of the last 40 years. (Kirkus Reviews)“Packed with juicy anecdotes, gripping details and raw energy—Fans of the Allman Brothers Band are certain to relish the revelations... MY

CROSS TO BEAR provides a window into Allman's tortured soul - he presents himself as a man cracked and flawed, yet somehow intact. (Birmingham News)

This book really grabbed a hold of and kept my attention. I received the book on a Friday afternoon. I finished to book by Saturday morning! I did not stay up all night reading this either----it just really was fascinating. Gregg Allman realizes how incredibly blessed he is to be alive, and has found a way to not live in regret-yet take full (I think) responsibility for both his great achievements and his sometimes knee-jerk type decision making that were/are apart of his personality. Not to give too much away--he has a big regret of something he did and said right before Duanne had his life-taking accident. I think trying to live with this guilt, he made some other bad decisions trying to hide from that guilt. I know the guilt in the regrets of something said right before losing someone dear. Time does little to get rid of that horrible feeling. This book is very uplifting in showing that a life can be turned around--and the music only gets better as the peace finally settles in this surprisingly deep man. We are rooting for you!! Mr. Allman :0

This book is blisteringly honest and that gives the events depicted a more dramatic and emotional impact. Greg Allman certainly has experienced the highs and lows from those that everyone knows about to those that are completely obscure. Some of the stories are quite humorous such as Greg and Duane's attempts to avoid the draft for Vietnam. These and other stories like them made me laugh quite heartily. The passion for music certainly comes through and the dedication that drove this group to superstardom. The stories behind famous songs such as Ramblin Man, Melissa, etc are fun to read. All bands seem to struggle with conflicts between their members and the Allman Brothers was no exception. The struggle with Dickey Betts was a main example and the portrayal of that conflict actually led to some amusing stories. Like many other rock memoirs the role drugs, alcohol and addiction play among the musicians stands out as one of the more perplexing aspects of the industry. This book definitely does not glamorize the addiction issue and the stories there are painful to read. So all in all its a very raw, powerful and fascinating portrayal. You won't get the King's English here but you didn't expect or need that anyway.

I have never read a book that was so honest, it made me laugh (when Greg shoots himself in the foot after his brother paints a bulls eye on his shoe to avoid the draft) and brought a tear to my eye thinking about the personal losses and individual struggles each band member suffered death, bad relationships drug and alcohol abuse (by his own admission he was an alcoholic and a heroin

addict when he married Cher) and yet they all pushed on for the sake of their music. Greg may have made some bad decisions based on his addictions and his family suffered without question but he brought so much happiness to millions of people through his music and the people he helped along the way. I believe his music will continue to inspire future generations who have yet to hear it. His final comment was he had a hell of a life but if he had to do it all over again he would take a pass. This to me is the saddest comment of all because the world was a better place with you in it Gregory. Thanks for all the great music and may you Rest In Peace !!!

Reading Greg's memoir has really given me a better appreciation for who he was, especially in light of his death, which hit me hard, because even though I never got to see the Allman Brothers Band or even Greg solo, like so many others they were part of the musical soundtrack to my life growing up. To this day, listening to "Ain't Wastin' Time No More" puts me in mind of driving down the road on a beautiful sunny summertime day just being glad to be alive, "Melissa" is one of the sweetest most wistful and beautiful songs the Allmans ever did, and "Trouble No More" is guaranteed to get me boogieing most every time. I loved Greg's honesty and humility in the telling of his life story, and though I wouldn't take much consolation from Greg's spiritual counsel I'm glad that he got off the drugs and drink and got to a better place in his life and was even able to forgive several folks from his past that had done him or the Allmans wrong in some way. I never met him, but through this book I at least feel like I understand who he was and what he went through a bit better. That's helped me grieve the passing of one of the key guys from one of the greatest southern rock bands ever! There will never be another Greg Allman or another band like the Allman Brothers Band, but I'm glad they gave what they did to the rock music world, and rock is much better for it.

I have been an Allman Brothers fan since the first time I heard "Live at the Fillmore East" in 1972. I was in the Navy and heading from Missouri to my new base at Quonset Point, Rhode Island ... and mind you this was an 8-track tape I had bought just before leaving on my trip there ... but I was totally hooked on their sound from then on. I no longer have that 8-track ... but I have most everything the Brothers have done. A natural listening offshoot was Gregory Allman ... and again, I have all his solo works. But listening is only half the story ... and while any number of Rolling Stone ... or even the occasional People magazine ... try to give insight ... this book really enlightened me. The journey Allman took me on felt as though he was sitting across the room ... his words connected, and they brought him to life in a very entertaining way. His life has seen incredible highs, and oh so devastating lows ... but it is obvious, the music ... and "the brotherhood" helped him to

survive. It is at times a confessional ... other times a painful reminder, that the "rock n roll lifestyle" is a seductive mistress, that will steal your soul ... your dreams ... and even your very life if you let it. Gregory Allman's book is a must read for all Allman Brother fans ... or anyone who wants a real look behind the curtain. I highly recommend "My Cross to Bear" ... you will have a whole new appreciation for one of rock music's true artist.

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