



Heavy: A Memoir of Wyoming, BMX, Drugs, and Heavy Fucking Music

J. J. Anselmi

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In twenty heavy chapters, this book chronicles Anselmi's experiences growing up as a straight edge, BMX-riding metal head in Rock Springs, Wyoming, a place with one of the highest per capita suicide rates in the United States. His grandpa was a well-known businessman and politician in the area, and was featured in a 1977 *60 Minutes* episode for his alleged connections to organized crime. This is only the beginning of Anselmi's heavy saga, and it interweaves all of the social and personal history one might expect from a story like this—including Black Sabbath, Pantera, and Metallica logo tattoos, explorations in LSD, metal and BMX culture, self-loathing and sobriety, and—finally—a very unique perspective on what it means to live in a heavy fucking world.



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