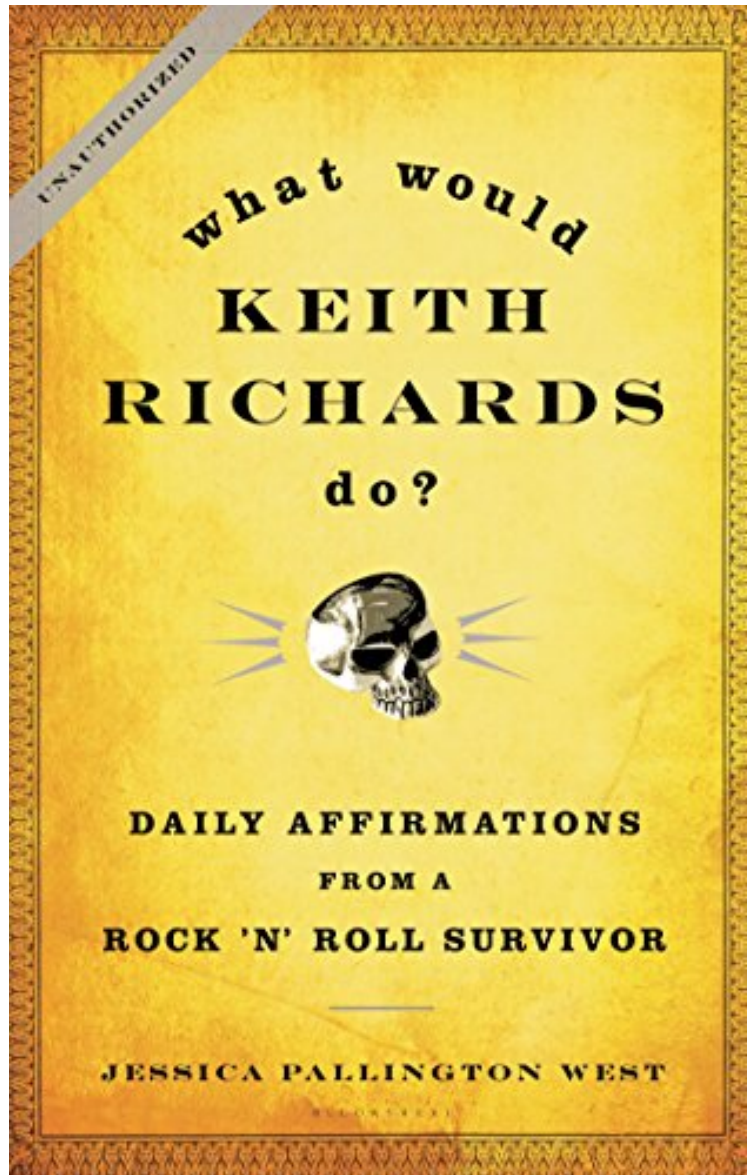


What Would Keith Richards Do?: Daily Affirmations from a Rock and Roll Survivor

Jessica Pallington West
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Jessica Pallington West : What Would Keith Richards Do?: Daily Affirmations from a Rock and Roll Survivor
before purchasing it in order to gage whether or not it would be worth my time, and all praised What Would Keith Richards Do?: Daily Affirmations from a Rock and Roll Survivor:

3 of 3 people found the following review helpful. Well Done, Ms. West. Bravo.By A. PererReally so much better done

that it has any right or necessity to be. The author could have gotten away with putting in half the effort and it would have been a nice book to have, but she really did her research and figured out the best way to present the topic at hand, which is what we can all learn from the life of Keith Richards. I've read so much about Keith Richards and he is one of my favorite people. There's a reason why you'll only hear great things about Richards from the crew that works on the Rolling Stones tours. He just has this basic humility and he's not afraid to admit his mistakes, and since he's been interviewed so many times and his escapes are public, he was a great subject for this book. He didn't just fit the bill because he was a survivor. There's more to it than that and Ms. West has done a great job getting to the heart of how Keith Richards has made so many close friends over the years and kept his sense of humor.

2 of 2 people found the following review helpful. Survival is the best success, and Keith Richards has pulled that off in a big way. By Bob Langill. The subtitle "Daily Affirmations From a Rock 'N' Roll Survivor" may remind you of Stuart Smiley in those Saturday Night Live sketches "I'm good enough, I'm smart enough, and doggone it, people like me", but this is no a joke. Keith Richards has survived some serious threats, and his own excesses. He is a musician who really loves creating music, and believes in the fundamental effectiveness of being honest. Self-help gurus like Dr Phil advise ways to avoid creating problems for yourself, while Keith Richards takes a different tack. His philosophy: -- You're going to mess up. Deal with it. -- Of course, Keith Richards wouldn't say 'mess' up, but I need to express these things in a way that is true to my nature. As the title suggests, this book is organized around an advice and example theme. It offers insights in an entertaining style, but it's better if you don't try to consume it in one big gulp. You'll run into repetition, some key events are recalled using the exact same words. The repetition was most obvious in Chapter Five: The Wit and Wisdom of Keith Richards. Not only does it repeat some things that were mentioned earlier, it even repeats the same item or event under different topics within the chapter. But there's certainly plenty of new material for those of us who didn't know anything about Keith Richards beyond his reputation as a poster boy for dissipation. As the author and compiler, Jessica Pallington West, is more of a devoted fan than an objective observer. That's not always a bad thing. She pays attention to things that the more objective observer might overlook. If she stretches to make a point, she still makes connections to larger things in life. Not that making music really requires any further justification for the time spent taking the ride. What Would Keith Richards Do? provides insights and answers about what Keith Richards has done, and relates experiences we can adapt to the questions in our own lives.

0 of 0 people found the following review helpful. Keith Richards would NOT read this book - but you should! By Surferofromantica. Prominently dubbed "Unauthorized" on the cover, this silly but fun book clearly doesn't sit within Keith's sense of humour itself, making it seem a bit of a paradox. While nearly half of the book is a collection of great quotes on topics such as "the Afterlife and Reincarnation", "Aging and Longevity", "Authority", "Art", "Fashion and style", "Inner Demons", "Inspirations and Influences", etc, the rest of the book demonstrates the author scrounging around to describe situations and concepts that make Keith (and herself) look wise. This all demonstrates that she's a great editor (and if there is any lingering doubt that she's another Tony Sanchez, the six pages of thorough and comprehensive references is further testimony); but she's not really a great writer, so the opening chapter "Keithism: the 26 10 commandments of Keith Richards" comes off as having a tremendous amount of filler and empty exposition (I also wonder why she can't just say "the 26 commandments" and has to say "the 26 Ten Commandments" - maybe she's not such a great editor after all). Another chapter "What Would Keith Do" presents regular, day-to-day challenges and conjures up a Keith-ish response, using lessons from his life. "Keith And Nietzsche" sets about drawing parallels between Keith-thought and the ideas and quotes of Nietzsche and other famous philosophers, going from the Greeks to Mae West (it's bit of a stretch). "Prophetwear: Urban Guru Fashion Style" is an interesting, albeit silly chapter discussing Keith's armour and personal talismans. "Everything you always wanted to know..." is a fact file on Keith, most of which I knew (interesting fact - cheese is the only thing that Keith won't put into his body. Cheese!!!) Then there's a Keith timeline (interesting fact - he recorded an instrumental called "Scarlet" with Jimmy Page and Ian Stewart in 1973) that is an interesting chronicle of arrests, riots and battles with Mick Jagger (who he calls Brenda). The best part of the book? The six-page bonus section of insults to various figures such as Chuck Berry, Jean-Luc Godard ("He's a Frenchman. We can't help them."), Mick Taylor, Bianca Jagger, Mick Jagger, Bill Wyman, Ian Anderson of Jethro Tull, the Bee Gees, modern rock stars ilk the Arctic Monkeys, the punks of the seventies, George Michael, Boy George, Oasis, David Bowie, Gloria Estefan and Miami Sound Machine (not sure why they warrant comment), Nirvana, Bob Geldof and Life Aid, Bruce Springsteen, Robert Plant and John Bonham, Ben Stiller (not sure why he warrants comment), Eric Clapton, Ray Davies and Bob Dylan. Incidentally, I've not read any of the "What Would Jesus Do" type works, so I don't really have a basis of comparison on that level, but I'd say that as far as objective fun and readability goes, the book is so-so overall. But however he's presented, at the end of the day, Keith is still infinitely fascinating. In my reviews, I'm typically wont to quote extensively from the books I discuss; I can't do that here, otherwise I'd be reproducing half of Chapter Five (Keith quotes), so you'll just have to get this book for yourself - despite my misgivings about the weakness of the other chapters (at one point the author brings in a mention of the Brady Bunch... I really can't see how she could commit such as crime, as that old TV show was about as un-Keith as it gets - clearly she's learned nothing from her subject), it's worth the price of the book on the strength of Chapter Five alone.

What is a wiseman? What is a prophet? Someone with a strange, unflappable demeanor. Someone who speaks in cryptic koans, words whose meanings take years to unravel. Someone who has confronted death, God, sin, and the immortal soul. Someone unfit for this world, but too brilliant to depart it. Someone--in short--like Keith Richards. Here, at last, the wisdom of this indefatigable man is recorded and set forth. These are his visionary words: "I would rather be a legend than a dead legend." Or "Whatever side I take, I know well that I will be blamed." And--indeed--"I've never had a problem with drugs, only with policemen." Not merely a compendium of wisdom, this book is also a complete guide to the inner workings of a complex and inspired belief system, and the life of a man sanctified by fame. *What Would Keith Richards Do* reminds us to learn from our mistakes, let our instincts lead us, and above all, do what Keith has done better than anyone--survive.

About the Author Jessica Pallington West is the author of *Lipstick*. Her writing has been featured in the *Daily Telegraph*, BBC-TV and BBC-Radio, and About.com. She is a die-hard Stones fan.