



My Damage: The Story of a Punk Rock Survivor

By Keith Morris

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Keith Morris is a true punk icon. No one else embodies the sound of Southern Californian hardcore the way he does. With his waist-length dreadlocks and snarling vocals, Morris is known the world over for his take-no-prisoners approach on the stage and his integrity off of it. Over the course of his forty-year career with Black Flag, the Circle Jerks, and OFF!, he's battled diabetes, drug and alcohol addiction, and the record industry...and he's still going strong.

My Damage is more than a book about the highs and lows of a punk rock legend. It's a story from the perspective of someone who has shared the stage with just about every major figure in the music industry and has appeared in cult films like *The Decline of Western Civilization* and *Repo Man*. A true Hollywood tale from an L.A. native, *My Damage* reveals the story of Morris's streets, his scene, and his music-as only he can tell it.

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Editorial Review

Review

"I came late to Southern California and its Punk Rock scene, but after reading Keith Morris's memoir, feel I was there from the start. *My Damage* is like Neal Cassady's *The First Third* read aloud by William Burroughs for his private enjoyment: clear and unapologetic as a bell, fast as you can go, a rolling dumpster on fire, and a treasure trove for any student of West Coast Punk history. Lonely, funny, brave, tragic, anonymous, and famous all at once, until the moon disappears and everything goes to sleep. And wakes up again to dream a new song."—**Viggo Mortensen**

"Kill your idols, please. Check that tired rock star shit at the door. Keith Morris is nothing less than a living, breathing symbol. He's a snot-voiced, Southern California archetype and prototype, an influential fuckup whose ripple effect in punk has been felt every single day since he spat out, 'I'm about to have a nervous breakdown' in 1979. Without *My Damage*'s middle-finger-shaped piece snapped into place, no history of L.A.'s punk rock puzzle is complete."—**Todd Taylor, *Razorcake***

Praise for Keith Morris and *My Damage*

"Keith Morris is a human firecracker. You can literally hear his leg kicking under the table as you rip through the pages. If his life were the bars, these words are the file hidden in the cake. He is as truthful as funny, and if you don't read this book you might as well join an REO Speedwagon cover band."—**Ryan Adams**

"Keith Morris, survivor of bouncers and blacklists, thrown down the stairs yet still standing tall, damaged, patched up, last laughter of all, this is the punk rock story I've always wanted to hear."—**Exene Cervenka of X**

"In *My Damage*, Keith Morris lets loose with a shotgun blast of funny, often harrowing vignettes/opinions in every chapter, chronicling growing up in Los Angeles' South Bay and the evolution of not just Southern California punk (and his part), but rock music in general, from the late 1960s up to the present. I found it so readable I finished half the book in one night's sitting."—**Chris D.**, author, singer/songwriter of the bands The Flesh Eaters and Divine Horsemen, and in-house producer at Slash/Ruby Records (1980–1984)

"Even though Keith was so wasted most of the time, that nebb'd up surfer who lived on The Strand made me want to be a punk singer."—**Greg Graffin of Bad Religion**

Publishers Weekly, 8/15/16

"[An] engaging autobiography...Morris puts the reader in the passenger seat as he details the wild and woolly early days of punk rock with plenty of debauchery and hijinks accompanied by police brutality and rampant drug use...Fans of punk rock will get the most out of the book, and those interested in the music industry in general will also appreciate Morris' candor as he details the machinations and manipulations he's encountered over the years—up to the present day, as he's still recording and touring—in this roller coaster of a book."

LA Weekly, 8/26/16

“An illuminating read...The droll wisecracks and unexpected detours almost make it feel as though Morris is sitting next to you on the couch, telling his story to you himself.”

The A.V. Club, 8/29/16

“A winning memoir from a punk icon.”

Punknews.org, 9/6/16

“A portrait of a famed frontman that is complex but earnest.”

Record Collector, October 2016

“The trials and tribulations of a 70s fishing shop employee who goes on to front two of America's greatest punk bands...delivered via his astute observations on life and with an extra healthy dose of wit.”

"An insightful and expansive look at an unconventional life." *Men's Journal*, 10/27/16

"A wild tell-all told in a no-holds-barred style, *My Damage* is an epic autobiography told with humor, honesty, and courage."

The Good Men Project, 11/15/16

"Morris' book benefits from the same energetic, frenetically authentic style that makes his music so memorable. His description of the early punk scene and the inception of his two most famous bands is a fascinating read." *Under the Radar*, 11/18/16

"[My Damage] delivers the behind-the-scenes kind of stuff we all love reading in rock autobiographies." *No Echo*

About the Author

Keith Morris is a cofounding member of Black Flag, the most recognizable name in West Coast punk, and the Circle Jerks, which cemented his reputation at the forefront of hardcore vocalists. He has recorded over fifteen albums, appeared on countless albums and compilations, and has a half-dozen film credits to his name. The intensity of the music produced by his latest bands OFF! and FLAG are equal to his best work from the '70s, '80s, and '90s, and add to a legendary career that is still being carved out one gig at a time.

Jim Ruland caught the punk rock virus when his mom took him to see the Ramones when he was 15. He has been writing for punk rock zines like *Flipside* since the early '90s and has written for every issue of *Razorcake*, America's only non-profit independent music fanzine. He is the author of the award-winning novel *Forest of Fortune* and the short story collection *Big Lonesome* and is the curator of the irreverent reading series Vermin on the Mount.

Users Review

From reader reviews:

Luis Garcia:

The book *My Damage: The Story of a Punk Rock Survivor* can give more knowledge and also the precise product information about everything you want. Why must we leave the good thing like a book *My Damage: The Story of a Punk Rock Survivor*? A number of you have a different opinion about e-book. But one aim which book can give many details for us. It is absolutely correct. Right now, try to closer with the book.

Knowledge or details that you take for that, you can give for each other; you are able to share all of these. Book *My Damage: The Story of a Punk Rock Survivor* has simple shape nevertheless, you know: it has great and massive function for you. You can appear the enormous world by start and read a reserve. So it is very wonderful.

Dennis Scott:

Reading a book tends to be new life style on this era globalization. With examining you can get a lot of information that could give you benefit in your life. Along with book everyone in this world can share their idea. Books can also inspire a lot of people. Lots of author can inspire their particular reader with their story or their experience. Not only the story that share in the guides. But also they write about the ability about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors on earth always try to improve their ability in writing, they also doing some analysis before they write to the book. One of them is this *My Damage: The Story of a Punk Rock Survivor*.

Delores Breedlove:

Why? Because this *My Damage: The Story of a Punk Rock Survivor* is an unordinary book that the inside of the guide waiting for you to snap that but latter it will surprise you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of positive aspects than the other book possess such as help improving your skill and your critical thinking approach. So , still want to postpone having that book? If I ended up you I will go to the guide store hurriedly.

Macie Austin:

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