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What listeners say about Facing the Music and Living to Talk About It Average Customer Ratings Overall 4.5 out of 5 stars 4.4 out of 5.0 5 Stars 52 4 Stars 11 3 Stars 11 2 Stars 2 1 Stars 1 Performance 4.5 out of 5 stars 4.3 out of 5.0 5 Stars 43 4 Stars 11 3 Stars 13 2 Stars 2 1 Stars 1 Story 4.5 out of 5 stars 4.4 out of 5.0 5 Stars 48 4 Stars 6 3 Stars 12 2 Stars 3 1 Stars 1 So when you start reading/listening to this, I have to urge you to remember that the man who wrote this is not a writer and that this is his autobiography. He is just telling his story and what has helped him to live a healthier lifestyle. He speaks in very plain language, but, honestly, don't we all need that sometimes? Additionally, the advice he gives are things we have definitely all heard before. But I believe we all need reminders sometimes and I think this book is a good reminder. Personally, I really enjoyed listening about Nick's life and how he overcame his struggles. When I was younger I remember reading the biography his mother wrote about him. And while I don't remember a lot of what she wrote, I do remember it having a very different feel to this book. Her book definitely had the rose-coloured glasses vibe to it, whereas Nick's own autobiography is very real and straightforward. Whether someone who isn't a fan of Nick and/or BSB would enjoy this? I can't say. Maybe. There is quite a bit of talk about addiction and I do think this book would most likely be of some help to those struggling with addiction. Also, he speaks a lot about how he processed the emotional and physical abuse brought about by his family, which I believe may also be helpful to survivors of abuse who can relate. The only things that bothered me are that this book is kind of really disorganized and repetitive. I think it needed to have been edited a couple more times in terms of narration, I actually really liked the narrator. Personally, I'm really picky about narrators, but this guy had a really nice voice. It would've been cool to have Nick read it all himself though I've always liked Nick Carter, more than the other Backstreet Boys. Maybe part of it was my teenage crush on him. Maybe because we are pretty close in age, and we are both from Tampa. So I was excited to listen to this book. That is probably why I gave it four stars when it's really more like 3½. This book was partly inspired by the death of a family member, and partly by Nick's own struggles with sobriety and other issues. He means well, trying to use his story as a motivator for people who may be dealing with the same issues. One of the problems is Nick uses almost every self-help cliché phrase out there. That, along with the book being narrated by someone else, makes a lot of the book fall flat. Since this isn't a traditional memoir, a lot of the positive aspects of his life get left out also, which also makes him clarify ad nauseum "I'm not complaining. I've been very lucky". The book is easy to get through, although the narrator doesn't pause enough between the sub-chapters to allow you to find smooth stopping points. I suspect, due to the casual tone of the book, that Nick also didn't use a ghost writer. You won't find too much juicy gossip here, but you will find an earnest and sincere attempt to help others. I hope he decides to write a second memoir, one with more positive stories about life with Backstreet Boys, and life as a husband and father of three. I didn't mind finally the voice of someone else, totally worth it for listening such a motivational book this book gave a lot of insight and inspiration I wish I would listen to it sooner. I can't thank Nick enough for being so venerable and giving a real look into his life I'm a huge fan of BSB and really found this relatable even though I haven't gone through the same situations as NC. I recommend to anyone who is a fan but also who struggles with family issues or addiction. I have been a fan of the Backstreet Boys since I was a young girl. Nick has always had a piece of my heart throughout all of his struggles and, most especially, throughout his recent triumphs. He remains a personal hero of mine for taking his life back and fighting for what he believes in. Go Nick! Inspiring and hopeful despite the dramatic narrative! Honest and revealing, emphasises on valuable lessons about personal improvement, the power of positive thinking and forgiveness. as a huge bsb fan I bought this to learn more about Nick. I feel I got more than that. I feel I relate more to him than ever before. This book most of all is inspiring. This book is so raw and real about all the struggles that Nick Carter went through with his addiction. I think the only thing that could have made it better is if he had read it considering it was an autobiography. It was hard to get into MIndset that it was about him when it wasn't his voice. It was not what I expected but it was really ok. It was very informative. The narrator was great, his voice really catch my attention. The book was fine, interesting if you are a BSB fan. I was a huge, young teenage fan of nick and his fellow BSB's growing up so I thought I'd give this book a go since learning about nicks upheavals throughout life after watching interviews and reading news articles. I found it open and honest and very helpful. So helpful I intend to set some goals of my own and tweak the few things in my life that need addressing, after studying abnormal psychology myself and gaining a qualification. I too know how important it is to keep on top of your mental health before seeking to help others. I really enjoyed this read and could recommend to anyone who may have the same issues. The longest journey you'll ever face is the one leading up to taking the first step. Princess Diamond 12-30-16 I think people write off celebrities far too quickly. This is the honest story of a man who has fallen into the Hollywood trap of drug, sex and alcohol abuse. This isn't a book full of Judy gossip in case some fans are disappointed, but it is a self help book for those who could be facing the same demons Nick once was. It is an eye opener, because as a fan of Nick and the BSB, I had no idea as to what depths his suffering was like. I am so pleased he has found the faith, strength and courage to get to where he is today - happily married, a father and sober. He is an inspiration to many and I hope this book saves lives. Does contain biographical information so not sure why some reviews say otherwise. Nick is thoughtful, concise, and I actually don't mind it's not narrated by him. His memories/experiences and the way he applied solutions to his struggles was inspiring to hear. Overall great book and I definitely took away a few life lessons for myself. Read an excerpt of this book! This book is Nick Carter's autobiography and self-help hybrid in which he chronicles his struggles with a dysfunctional family and the unimaginable rigors of becoming an internationally successful pop-star at the age of 12. From his battle with addiction to serious health complications and the pain of his younger sister's tragic death, Nick leaves nothing to the imagination and offers true and heartfelt advice to help readers overcome obstacles in their own lives. ISBN-13: 9781939457042 Publisher: Ghost Mountain Books Publication date: 09/17/2013 Sold by: Barnes & Noble Format: eBook Pages: 256 Sales rank: 427,985 File size: 2 MB IntroductionChapter 1: For Leslie and For YouChapter 2: Past MattersChapter 3: My BSB FamilyChapter 4: Driving BlindChapter 5: The Night of the ZombiesChapter 6: Cool Springs RehabChapter 7: The House of Carters CollapseChapter 8: Heart SickChapter 9: The ComebackChapter 10: The Day-to-Day Challenges and RewardsAcknowledgments Though raised in a destructive household, introduced to fame as preteen and surrounding himself with party people like Paris Hilton, Backstreet Boys member Nick Carter takes full responsibility for his problems. He says he was naive, didn't know what to do during touring downtime, and just "doing like the Russians" while in Russia. He even pokes fun at the title to his 2005 album Never Gone for being inaccurate, because he was "way gone" during much of the recording of it. STORY: Backstreet Boys Serenade Crowd at Fashion Charity Event But not anymore. Out Sept. 24 by Bird Street Books. Facing the Music and Living to Talk About It is equal parts memoir and self-help book, outlining his battle with alcoholism and drugs, sharing his epiphanies about the reasons – and the repressed memories – that drew him to the substances in the first place. Carter is frank about envying the grounded religious upbringings of Brian Littrell and Kevin Richardson, severing professional ties with manager Lou Pearlman (known to the Boys as "Big Poppa"), learning from A.J. McLean's road to sobriety and trying to save his late sister, Leslie, from her own demise. Carter invites the reader to take stock of their own lives with action items and provoking questions in each chapter. "Now, what about you?" he writes when discussing self-motivation. "What are your strengths, talents, gifts and passions? What can you build your life around? There are a few telltale signs to look for if you haven't yet identified a strength." Carter recently took a break from the Backstreet Boys' In A World Like This tour to chat with THR about the temptations of touring, his upcoming VH1 reality show and whether he's completely sober. Rather than writing a traditional memoir, why did you include self-help language in your book? I related it to what I'm inspired by. I love books that teach and that I can learn from, and self-help books, in a way, fulfill that for me. They helped me in a time of need, so I wanted to write a book like that, but then give actual stories that were interesting, entertaining and of real life at the same time. Sometimes self-help books come off a little bit aggressive — "You have to do this, you have to do that." I wanted it to just be a nice, easy read, something people can turn to if they need a little help. STORY: BMG Signs Backstreet Boys for Publishing, Recordings Which sections were the most difficult to write? Writing about my family, because when you tell the truth about things and then read them back, you're actually looking in the mirror and reliving those things, having to accept that they're a reality and something you can't change. You just face it. Coming to terms with who they've been and who they are, and how it hasn't been perfect and may never be perfect – that was more difficult. In a way, though, it was cool to get my experiences down on paper so that I can always be reminded about what I've gone through. For me, that was fulfilling and helped me evolve to be a better person. I'm happy the book came out the way it did. What do your fellow Backstreet Boys think about the book? It was funny — we were on a flight to do a radio show in Boston, and A.J. looked at me and said, "Hey, Nick, somebody said that you wrote something really ..." and then I thought, "oh, my god, what did I write in the book?" He's like, "... really good about me in the book!" [laughs] I haven't given them a copy yet, but I know the curiosity is going to kill them, and they're gonna read it. Are you completely sober? I am completely drug-free. I have had occasional drinks at times, and it's something that I struggle with because I'm not perfect. But at the same time, I enjoy being clean and sober more. Alcoholism is definitely a struggle for me. I'm taking it one day at a time, working on myself, and I'm winning the battle. VIDEO: Backstreet Boys Look Back on 20 Years in the Biz, New Influences and a Poop Cruise Plan B You share that you used to drink on tour buses and hit clubs after concerts. Is it hard to be back in certain environments, especially as you're on tour again? Absolutely. I think it's all about learning from those experiences and continuing therapy, continuing to work on the reasons why someone turns to alcohol. That's why I wrote this book — this is just the beginning, the first chapter, really. I'm 33 years old, I'm still living life. What I've done up to this point, who I am now, the steps that I've taken to get to this point, are tremendous and huge. And thank god I made those moves, but it's still a work in progress. I haven't figured it out — I have issues, I definitely have problems, but I start with acknowledging that I do have a problem and face it head on. Performing and interacting with fans — is it different now that you are drug-free? The way my body feels when I stay away from partying in general, I feel so much better. I can think so much better. I can do more things, set more goals. And when it comes to the experiences with the boys, being on the road, I cherish it a lot more — performances, playing guitar onstage with the guys, writing new songs. It's nice to be all there instead of being in a club, having to substitute and try to replace or fill a void. You reflect a lot about things that came out in your family's House of Carters reality show. Are you nervous about what might come out this time around? The cool thing about the book is I've been able to be open up about the past and the future, so it kind of goes hand in hand. The show is based on my future marriage with my fiancée, Lauren [Kitt], and us basically making it — starting over again, creating a new and better life. That's what our relationship has been based off of — helping each other evolve. I think it can be very inspirational to the world out there. I thought about it, and who I am now, versus the person I was before, I'm completely different. I'm almost not afraid — actually, I'm not afraid to show the world who I am now. I'm not afraid to show that I am weak at times, but I am making it. It's not easy, and it's a process, but it'll be interesting to show the world. It's gonna be cool. Twitter: @cashleelee

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