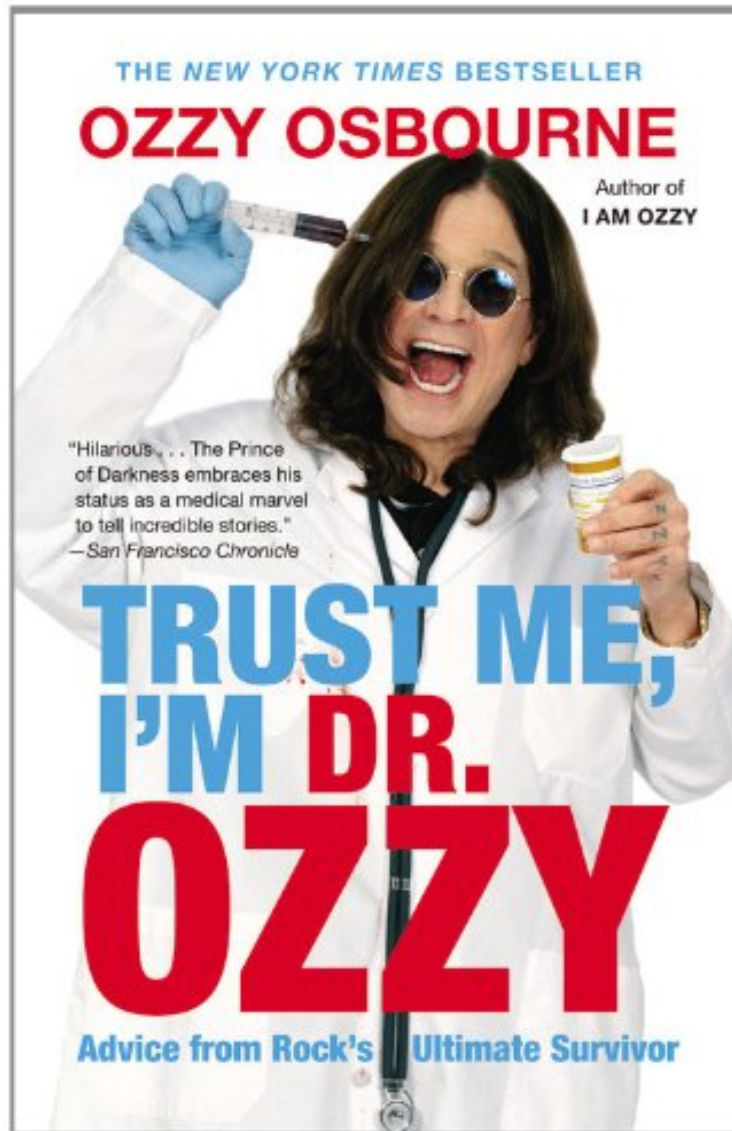


## Trust Me, I'm Dr. Ozzy: Advice from Rock's Ultimate Survivor

Ozzy Osbourne

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**Ozzy Osbourne : Trust Me, I'm Dr. Ozzy: Advice from Rock's Ultimate Survivor** before purchasing it in order to gage whether or not it would be worth my time, and all praised Trust Me, I'm Dr. Ozzy: Advice from Rock's Ultimate Survivor:

0 of 0 people found the following review helpful. Didn't care forBy jeaThis book just lists random questions from fans. Ozzy answers them but they are mostly stupid questions. Boring pointless book. Read I am ozzy that is a great book!0

of 0 people found the following review helpful. you have to love Mr OsbourneBy ZOM BIEyou have to love Mr Osbourne. this book is funny yet has soon great ideas. many are just common sense health tips. but to hear Ozzy talk and offer "help" is brilliant. many even better than my own doctor.1 of 1 people found the following review helpful. Yeah, Dr Ozzy!!!By SurferofromanticaThat loveable madman Ozzy Osbourne is back with his second non-fiction book. And while I don't really like the title so much, it's good fun to read even if it's not as informative as his autobiography (how could it be? this is a book for curiosity-seekers, not for Black Sabbath fans). I thought that Ozzy wouldn't make a believable commentator on medical matters, but he argues convincingly that his vast experience as the victim of a mind-boggling range of accidents and abuse, most (but not all) of them self-inflicted, qualifies him to dispense some level of advice. Nearly every entry has a sort of "I once suffered from the same malady, and I got over it by..." tone to it. Most chapters will contain a short intro, a series of brief questions from readers, with Ozzy providing his answers (which are sometimes shorter than the questions), along with a pull-out box giving interesting factoids on related topics, a handy graph/table running through various maladies. Nearly every answer has a pithy final sentence to it: "if you keep taking drugs, forget about your cholesterol - chances are you'll kill yourself before anything else can", "take it from the Prince of Darkness: cigarettes are evil, man" or "tea might not be very rock 'n' roll, but it's magic potion to me." At the end of each chapter there's a quiz, with the answers and scoring at the end of the book. One chapter, perhaps the most fascinating of them all, has no reader questions at all, but goes over how Ozzy had his genome sequenced and what was learned from it. The chapters are grouped by topics, such as sickness, death, diet and exercise, hygiene, self-medication, human relations, mental health, etc. Naturally, the book is hilarious, although in truth it doesn't really pick up until about page 120, after which there were several points that made me laugh out loud. The back cover, with Ozzy's "medical certificate" from the University of Rock 'n' Roll of Aston, Birmingham (signed by "Dr Malory Practice, IOU") is hilarious, as is the disclaimer (including the fine print in the "Important Safety Information" section - "Trials have shown that a low dose of DR OZZY is no safer than a high dose of DR OZZY"), and even the table of contents itself (Chapter 3 - Pruning: Cleanliness Is Next to Ozzyness; Chapter 4 - Family, The Other F Word: You Love `Em to Death, but They Drive You Mental; Chapter - 10 Sex, Romance Ballcare: Dr Ozzy's Guide to the Bats and the Bees). In some cases he references an activity, like buying drugs or purchasing a rifle, with a footnote that says "might not be legal where you live" - no duh, sherlock! The book is co-written with Chris Ayres, who co-authored his autobiography, and there is probably also a real medical practitioner around as a consultant. A phrase on one of the early pages says "The Doctor Is In... sane". No more fitting words were ever spoken. But he's not the only one who's bonkers, as we'll see. And so, actually, it's the people who write in from North America and Europe (but also other parts of the world, including China, Dubai, Ghana and Japan) with questions who are the real stars of the book, and there are hundreds of odd cases. Like the 65-year old who asks Dr Ozzy's advice about how to rebuild his flagging libido, after going from a daily bonk with the missus to only two or three a week (get some perspective, Ozzy says - most people don't get it two or three times a week); there's the girl who is debating whether to sleep with her mom's younger boyfriend (Ozzy proves himself a hero and gives advice that only a guy would give); the dummy whose son has told him he's gay, whose reaction is that it's the friends he hangs out with, and an escort might bring out his closet heterosexual; someone whose son self-pleasures all the time ("Ask him if he's been making any model planes recently, because you're finding glue all over the place... with any luck he'll be so embarrassed, he'll never dirty the carpet again."); a guy buys his wife a personal massager as a gift, only to have it become his competitor for her affections (ha ha... serves him right); the guy who's concerned about passing stool after he has his pre-breakfast cigarette (If you're a smoker, why the scoot are you wasting time worrying about your bowels - what about your LUNGS?"), and many more.

Wondering if science could explain how he survived his 40-year avalanche of drugs and alcohol, Ozzy Osbourne became one of a handful of people in the world to have his entire DNA mapped in 2010. It was a highly complex, \$65,000 process, but the results were conclusive: Ozzy is a genetic anomaly. The "Full Ozzy Genome" contained variants that scientists had never before encountered and the findings were presented at the prestigious TEDMED Conference in San Diego-making headlines around the world. The procedure was in part sponsored by The Sunday Times of London, which had already caused an international fururoe by appointing Ozzy Osbourne its star health advice columnist. The newspaper argued that Ozzy's mutliple near-death experiences, 40-year history of drug abuse, and extreme hypocondria qualified him more than any other for the job. The column was an overnight hit, being quickly picked up by Rolling Stone to give it a global audience of millions. In TRUST ME, I'M DR. OZZY, Ozzy answers reader's questions with his outrageous wit and surprising wisdom, digging deep into his past to tell the memoir-style survival stories never published before-and offer guidance that no sane human being should follow. Part humor, part memoir, and part bad advice, TRUST ME, I'M DR. OZZY will include some of the best material from his published columns, answers to celebrities' medical questions, charts, sidebars, and more.

About the AuthorOzzy Osbourne was born in Aston, Birmingham, in 1948. He has sold over a hundred million records both with Black Sabbath and as a Grammy Award-winning solo artist. He has five children and lives with his

wife, Sharon, in California and Buckinghamshire.