

Hit So Hard Memoir by Patty Schemel: A Triumphant Tale of Recovery and Redemption



Hit So Hard: A Memoir by Patty Schemel

★★★★☆ 4.7 out of 5

Language : English
File size : 20989 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 285 pages



Patty Schemel was the drummer for the iconic grunge band Hole from 1993 to 1998. During her time with the band, she struggled with addiction to heroin and alcohol. Her addiction spiraled out of control, and she eventually lost everything, including her home, her job, and her relationship with her bandmates. But Patty didn't give up. She went to rehab, and she eventually got sober. In 2011, she published a memoir about her experiences, titled *Hit So Hard*.

***Hit So Hard* is a raw and honest account of Patty's journey from addiction to recovery.** She writes about the pain and suffering that she endured, but she also writes about the hope and redemption that she found in sobriety. Patty's memoir is an inspiring story of triumph over adversity, and it is a must-read for anyone who has struggled with addiction or who is interested in the history of grunge music.

Patty's Early Life and Career

Patty Schemel was born in Montana in 1967. She started playing the drums at a young age, and she quickly developed a passion for music. In the early 1990s, she moved to Seattle and joined the band Hole. Hole quickly became one of the most popular grunge bands in the world, and Patty's drumming was a key part of the band's sound. But Patty's success came at a price. She began to drink heavily, and she eventually became addicted to heroin.

Patty's Addiction and Recovery

Patty's addiction to heroin and alcohol spiraled out of control in the mid-1990s. She lost her home, her job, and her relationship with her bandmates. She was also arrested several times for drug possession. In 1997, Patty went to rehab, and she finally got sober. She has been sober ever since, and she has rebuilt her life. She is now a successful musician and author, and she is an advocate for addiction recovery.

Patty's Memoir, *Hit So Hard*

In 2011, Patty published her memoir, *Hit So Hard*. The memoir is a raw and honest account of Patty's journey from addiction to recovery. She writes about the pain and suffering that she endured, but she also writes about the hope and redemption that she found in sobriety. Patty's memoir is an inspiring story of triumph over adversity, and it is a must-read for anyone who has struggled with addiction or who is interested in the history of grunge music.

Patty's Legacy

Patty Schemel is a true survivor. She has overcome addiction and she has rebuilt her life. She is now a successful musician and author, and she is an advocate for addiction recovery. Patty's memoir, *Hit So Hard*, is an inspiring story of triumph over adversity, and it is a must-read for anyone who has struggled with addiction or who is interested in the history of grunge music.

If you or someone you know is struggling with addiction, please reach out for help. There are many resources available, and there is hope for recovery.

Resources for Addiction Recovery

- The National Drug Helpline: 1-800-662-HELP (4357)
- The National Institute on Drug Abuse: 1-800-662-HELP (4357)
- The Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357)



Hit So Hard: A Memoir by Patty Schemel

★★★★☆ 4.7 out of 5

Language : English
File size : 20989 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 285 pages

FREE

DOWNLOAD E-BOOK





Unlock Your Creativity with Adobe Photoshop Elements 2024: Your Guide to Classroom Mastery

Embark on a Visual Journey with Adobe Photoshop Elements 2024
Welcome to the realm of digital image editing, where creativity knows no bounds. Adobe Photoshop Elements...



Get Help To Cure Your Insomnia

Insomnia is a common sleep disorder that can make it difficult to fall asleep, stay asleep, or both. It can be caused by a variety of factors,...