

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Metallica – St. Anger

By Chad Koch

1. St. Anger 2. Metallica Reloaded 3. The Early Early Early Days 4. Under The Influence 5.

Monsters Of Rock 6. Nabbing Napster 7. Master Of Puppets 8. Ride The Lightning 9. Worn Justice 10. Headbangers' Ball

1. St. Anger

The band that put the Metal in Heavy Metal returns with one of their heaviest albums yet. It is a return to the early days of Metallica, resembling their first album, Kill 'Em All. Unlike their albums of the past decade, there isn't a single mellow song on this new release. It is simple flat out full throttle metal guitar with the hardest drumming Lars Ulrich has turned out in years. This album is all about, hard and fast, straight down-to-business heavy metal.

2. Metallica Reloaded

A great addition to the album is the bonus DVD with over an hour of video footage of the band and their recording sessions. Every band should do this, then again not every band is as much fun to watch as Metallica. This album is one of the must-haves of this summer of rock.

3. The Early Early Early Days

In a recent Rolling Stones interview, Metallica lead singer James Hetfield recounted some of his early days as a hard rock fan, "Probably the most memorable was the California World Music Festival. It was one of those two-day things. The first night was Ted Nugent and Van Halen -- no, Aerosmith. I must have been fifteen or sixteen. I remember following around my buddy, who was selling drugs. He tore up a part of his ticket -- it had a kind of rainbow edge -- and he cut it into bits and sold it as acid. I was like, "What are you doing, man?" He used the money to buy beer."

4. Under The Influence

Metallica – St. Anger

In the same interview, Hetfield cited one of his early influences, "I was a huge Aerosmith fan. I could not believe I was seeing them so close. I worked my way up there as far as I could. There was something magical about seeing them as actual live people, not just pictures on an album. The real coolness of Joe Perry, especially. It's impossible for him to be uncool. And I remember I was blown away by the fact that Steven was calling the crowd "*****." I was like, "Whoa — are you supposed to do that?"

5. Monsters Of Rock

The Jagermeister days. James Hetfield admits that the days during the Monsters of Rock tour were a big fog. Complete with a Jagermeister shellacking. He says it was okay to feel drunk and messed-up back in those days, but ultimately it just wasn't a great thing. Too many negative ramifications. There were a lot of dads and moms and husbands and boyfriends looking for him when the band came back to those towns. Not good.

6. Nabbing Napster

Set your CD burners on stun. Metallica rocked the music world when they sued Napster, the company that provided the free-swapping file-sharing app that altered the course of music history. Fans were outraged and felt Metallica was bullying the free system. But, ultimately the industry sided with the band; after all it was the band that was being hurt by their enthused fans. In time it would have been the parasite that bled the tuneful turnip dry.

7. Master Of Puppets

Oddly enough however, many fans were quick to site that Metallica gained their foothold on heavy metal when the band provided a few tape-trading friends with a demo tape called, "No Life 'Til Leather." The seven-song album was dubbed and redubbed and dubbed some more until the tape had hop scotched across the globe from California to Germany. Within a few short months the band had risen from obscurity with a legion of worldwide fans, all due to the free trade of their music.

8. Ride The Lightning

Here's a fan listing of Metallica's albums in the must-have order:

1. ...And Justice For All
2. Master of Puppets
3. Ride the Lightning
4. Metallica (The Black Album)
5. Reload
6. Kill 'Em All
7. Load

Over time, no doubt their latest outing, St. Anger, will join these favorites.

9. Worn Justice

For a recent Ramones tribute album, Metallica has joined the ranks of U2, Tom Waits, Garbage, Eddie Vedder, The Red Hot Chili Peppers, Billy Corgan, Offspring, Static-X, Rancid, Motorhead, Green Day and Marilyn Manson. The whole project was helmed by shock-rocker, Rob Zombie. According to

Zombie in an interview with Rolling Stone, "The whole thing started with Johnny Ramone. He really wanted people to do the tracks in their own way, not like they're trying to imitate the Ramones. Everyone who ever heard the Ramones started a band, and this record demonstrates that."

10. Headbangers' Ball

Hetfield concludes, "We're looking forward to spreading this new lust for life we have. There's a new strength in Metallica that's never been there before. There are still fearful parts, too. But I'm pretty well set up. And I'm really proud of the new music. I think we did something where the pedal does not let up."

To read more articles by Chad, visit the American Pop Culture Encyclopedia at:

<http://www.americanpopcultureencyclopedia.com>

If you would like to read this article, or others like it,

on American Pop Culture Encyclopedia visit:

<http://www.americanpopcultureencyclopedia.com/metallica.htm>

The Nature of Anger

By Kevin B. Burk, Author of The Relationship Handbook

The Nature of Anger by Kevin B. Burk, Author of The Relationship Handbook

Many of us have some very definite ideas about anger. We see anger as destructive and hurtful. We consider it to be an inappropriate response. We equate anger with violence. In short, we feel that anger is simply wrong, and that when we experience anger, there's something wrong with us. Anger isn't nice. Anger isn't polite. And anger certainly isn't our friend.

Anger can be all of these things. But anger is also useful, necessary and even healing. We need our anger. We simply need to learn how to express our anger in appropriate, conscious, supportive ways. On its own, anger is neither good nor bad. It can be used to hurt, or it can be used to heal. It may not be a particularly pleasant emotion, but it's an important one. We can all benefit from exploring the nature of anger.

Guy Williams, a friend of mine who also happens to be a minister of Religious Science offers a tremendously insightful approach for understanding anger. Guy says that anger arises from a

communication not delivered or an expectation not met. Anger is actually a tertiary response: our initial responses are grief and fear. First, we grieve the death of the expectation that was not met. Next, we fear that things will never change. Finally, we experience anger.

So few of us recognize that anger can be a positive, healing response. When we allow ourselves to experience anger, it focuses our minds, and strengthens our resolve. We discover reserves of strength and power. Our anger is what gives us the courage and the power to confront our fear that things will never change, by creating change.

Let's consider an example. We expect that our boundaries will be respected by others. When someone crosses a boundary, that expectation has not been met. The first thing we do is grieve the death of the expectation that other people will respect our boundaries. We feel unsafe because our boundary has been violated. But we also experience fear. We're afraid that things will never change: that our boundaries will not protect us because other people will not honor them. Our anger, however, is what allows us to change this. Our anger gives us the strength to defend ourselves. Our anger gives us the power and the

courage to stand up and demand that our boundaries be respected. Our anger, in fact, enables us to feel safe again. Expressing our anger helps us to redefine and reinforce our boundaries. We know we can defend ourselves, and therefore we feel safe.

When we don't express our anger in healthy, conscious ways, we buy into the fear that things will never change. We feel unsafe. More importantly, we expect that we will always feel unsafe. Unexpressed anger inevitably turns to resentment and depression.

Anger is our call to awareness. Our anger encourages us to become conscious of a limiting belief. The key to experiencing anger in a healing way is to own our anger. We can then choose how to express our anger. We do not need to lash out, nor do we need to hurt anyone with our anger. Instead, we can choose to alter our thinking, change the limiting belief, and reclaim another piece of our true selves. When we embrace and understand the true nature of anger, anger can empower us, and help us to feel truly safe.

Kevin B. Burk is the author of *The Relationship Handbook: How to Understand and Improve Every*

Relationship in Your Life. Visit <http://www.everyrelationship.com> for a FREE report on creating AMAZING Relationships.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!