



Metal Fatigue: The Making of a Middle Aged Metal Head

Todd Baker

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In *Ten Year Run*, Todd Baker unabashedly shared his journey from couch potato to Olympic torchbearer and marathon finisher. Now, he confesses his love for the world's scariest and loudest music: Heavy Metal. Baker wears a tie by day and a Slayer t-shirt by night and has been a dedicated metal head for 35 years. And he's a really nice – and funny – guy. In *Metal Fatigue*, Baker humorously describes his apprenticeship in the heavy metal trade to explain how such a decent person can fall in love with such wicked music. From listening to Black Sabbath for the first time to interviewing intergalactic warlords as a college radio DJ to failing to properly execute a stage dive, Baker shares stories of his life in metal music and how he survived it (mostly) unscathed. *Metal Fatigue* is a wry and witty memoir that will charm metal heads and those who just don't get it. And he offers encouragement for any confused parent of a kid who loves heavy metal.

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