



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

By Ozzy Osbourne

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

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.

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#### **About the Author**

Ozzy 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.

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