



## Fast Living: Remembering the Real Gary Holton

By Teddie Dahlin

New Haven Publishing Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Be proud of everything that you do, or have a fucking damn good reason for doing something which you re not proud of. (Gary Holton to Danny Baker, NME, November 1984, a year before his death) A true rock n roll casualty, Gary Holton packed a lot into his thirty-three years, including fronting proto-punk legends, Heavy Metal Kids, and playing a leading role in one of the most revered TV dramas of its day. Drawing on her own recollections and first-hand accounts of others who knew him, Teddie Dahlin completes the picture of a man who never outran his demons but who, in the process, gave a lot of pleasure and some little anguish to those who surrounded him. Born in East End London, Holton became a member of the Royal Shakespeare Company at an early age before joining a touring production of Hair, prior to pursuing long-harboured musical ambitions. While Heavy Metal Kids never did reach the heights predicted for them, there was a number one solo single in Europe and an invitation...

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