



Bit of a Blur: The Autobiography

Alex James

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For Alex James, music had always been a door to a more exciting life—a way to travel, meet new people, and, hopefully, pick up girls. But as bass player of Blur—one of the most successful British bands of all time—his journey was more exciting and extreme than he could ever have predicted. Success catapulted him from a slug-infested squat in Camberwell to a world of private jets and world-class restaurants. As "the second drunkest member of the world's drunkest band" Alex James's life was always chaotic, but he retained a boundless enthusiasm and curiosity at odds with his hedonistic lifestyle. From nights in the Groucho with Damien Hirst, to dancing to Sister Sledge with Björk, to being bitten on the nose by the lead singer of Iron Maiden, he offers a fascinating and hilarious insight into the world of celebrity. At its heart, however, this is the picaresque tale of one man's search to find meaning and happiness in an increasingly surreal world. Pleasingly unrepentant but nonetheless a reformed man, Alex James is the perfect chronicler of his generation—witty, frank and brimming with joie de vivre. *A Bit of a Blur* is as charming, funny, and deliciously disreputable as its author.

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