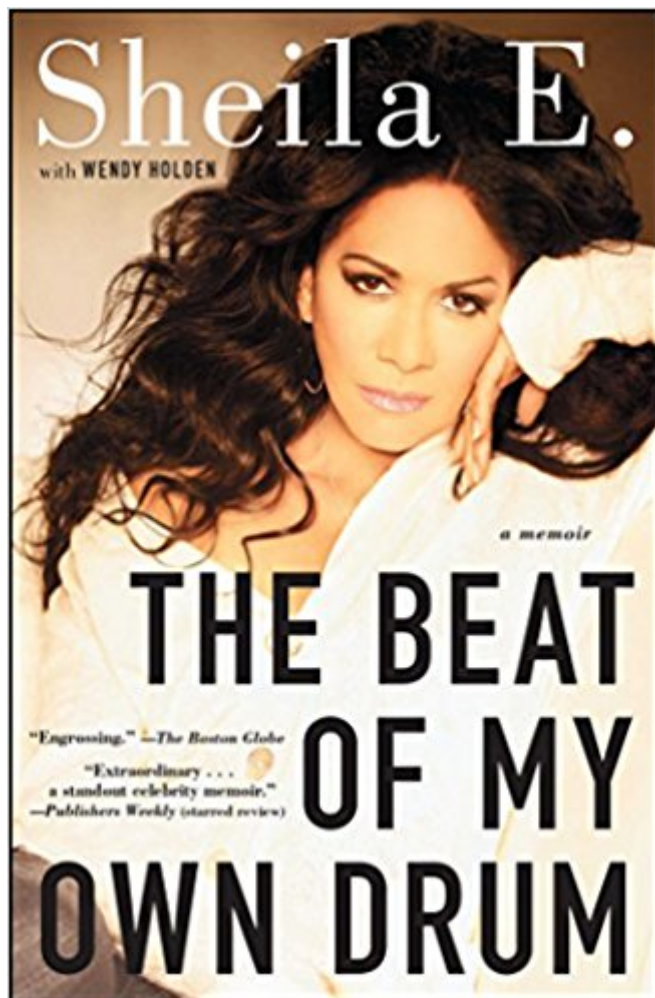


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# The Beat Of My Own Drum: A Memoir



## Synopsis

From the Grammy-nominated singer, drummer, and percussionist who is world renowned for her contributions throughout the music industry, a moving memoir about the healing power of music and spiritual growth inspired by five decades of life and love on the stage. She was born Sheila Escovedo in 1957, but the world knows her as Sheila E. She first picked up the drumsticks and started making music at the precocious age of three, taught by her legendary father, percussionist Pete Escovedo. As the goddaughter of Tito Puente, music was the heartbeat of her family, and despite Sheila's impoverished childhood in Oakland, California, her family stayed strong, inspired by the music they played nightly in their living room. When she was only five, Sheila delivered her first solo performance to a live audience. By nineteen, she had fallen in love with Carlos Santana. By twenty-one, she met Prince at one of her concerts. Sheila E. and Prince would eventually join forces and collaborate for more than two decades, creating hits that catapulted Sheila to her own pop superstardom. *The Beat of My Own Drum* is both a walk through four decades of Latin and pop music—from her tours with Marvin Gaye, Lionel Richie, Prince, and Ringo Starr to her own solo career. At the same time, it's also a heartbreaking, ultimately redemptive look at how the sanctity of music can save a person's life. Having repeatedly endured sexual abuse as a child, Sheila credits her parents, music, and God with giving her the will to carry on and to build a lasting legacy. Rich in musical detail, pop, and Latin music history, this is a fascinating walk through some of the biggest moments in music from the '70s and '80s. But as Sheila's personal story, this memoir is a unique glimpse into a world-famous drummer's singular life—a treat for both new and longtime fans of Sheila E. And above all, *The Beat of My Own Drum* is a testament to how the positive power of music has fueled Sheila's heart and soul—and how it can transform your life as well.

## Book Information

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## Customer Reviews

"Extraordinary" Sheila E. has produced a standout celebrity memoir. In what is ultimately an inspiring story of survival over adversity and fulfilling her potential as an artist, Escovedo's disarming honesty, humble nature, and level-headed sweetness are the memoir's steady beat. (Publishers Weekly (starred)) "Candid and uplifting." (Kirkus) "Engrossing...the memoir has an arresting rhythm...after reading Sheila E.'s moving and restorative story, you will have an even greater appreciation for her as an artist and as a woman." (Essence.com) --This text refers to an out of print or unavailable edition of this title.

Emmy and Grammy Award nominee Sheila E. is one of the most talented percussionist/drummers in the world. She became a top session and touring musician before the age of twenty, performing and/or recording with George Duke, Herbie Hancock, Billy Cobham, Con Funk Shun, and countless others. She later performed with Marvin Gaye on his final world tour, Diana Ross, Lionel Richie, Prince, Gloria Estefan, Babyface, Patti LaBelle, and Stevie Nicks, among others. In the 1980s, Sheila became a pop sensation with her hits "The Glamorous Life" and "A Love Bizarre." Sheila founded the Elevate Hope Foundation and cofounded Elevate Oakland, both of which focus on the needs of victims of child abuse by promoting music as an alternative form of therapy and serving public schools with music and the arts. Wendy Holden is the author of more than thirty books, nine of which were international bestsellers. She also worked as a journalist for eighteen years.

As a long time fan (since The Glamorous Life era), I was excited to purchase this and get some more insight into Sheila E's life and creative process. It's a very easy, fast read, although the writing is a bit amateurish as you'd expect from an autobiography (but this one has a co-author!). If you are exclusively looking for details on her professional and personal relationship with Prince, it's not worth the money (very little new info revealed here), but there are some interesting tidbits: her playing on MJ's "Don't stop til you get enough

This memoir is about love. Love of music. Love of family. Love of God and loving yourself after being broken by wicked acts. Sheila's story is poignant at times, honest and respectful. If you're looking for a tell-all-book about a love affair with Prince, look elsewhere. Sheila does not "dish" on her relationships with world-famous superstars. She discusses her feelings, keeping the most private details private. I respect her for that. She wasn't out for attention in writing this book. She wanted to tell her story of a vibrant and colorful childhood, filled with music and the love of a close family. She writes about her entrance into the world of professional musicianship at a very young age and to explain what she learned along the way. She also writes of her painful and horrific experience of sexual assault and her journey to healing. If you love Sheila E, this book will make you adore her!

Although I am a fan of her music, I didn't know a whole lot about her career prior to her solo stardom. This book takes you back to her first stage appearance as a child and follows her story to today, coming full circle. Hard work, perseverance, talent, family ties and forgiveness leading a path to another purpose combine to make an enjoyable read. This book showcases how Sheila's love of music and the way it influenced her life, her loves and memories has also had a healing effect, allowing her to deal with painful secrets and move forward with a grateful heart...to the beat of her own drum.

I totally recommend this book. Sheila tells her story with such honesty, compassion and strength revealing how life can be turned around thru forgiveness. Anyone who has endured abuse, experienced the music industry, that whole music era, or has a story that they've been unable to tell will find inspiration here. I've gained even more respect and admiration for her talent after reading her story. Thank you for not being afraid to declare your love of Jesus and your support of hurt children. May God continue to bless you and your family.

What an amazing journey! I stopped a few times to watch a video or look up a person. An unexpected moment for me was reading about Sheila's strong faith in God, not just a religion, but a personal relationship with our Lord. Going through acceptance of her abusers is something I need to marinate in my mind for a bit, as I need to do the same. God bless you, Sheila. I have another strong woman in my life to learn from and admire.

Sorry, this will be kind of long:-(Okay, so let me start by saying that growing up, I was the BIGGEST

Sheila E. fan! Anyone in my family could tell you this. We're talking posters, every magazine she was in, every tv program I knew she would be on, I was there; saw Krush Groove a million times and knew all the lines (my family hated me:-)) I had no idea why, that's the thing. I mean, with the exception of Glamorous Life (which I love) I wasn't even a big fan of her music (but I bought it because it was her). But it was something about when I saw the video for GL and saw that the woman singing it was playing the drums, I was in awe. Fast forward twenty something years later, I found out that Sheila and her family were having this big show in Oakland to celebrate her parents' 50th (I think) wedding anniversary. I took the money I'd been saving for something else and bought a ticket to the show, a rt plane ticket from NY and booked a hotel & rented a car. I was going! By myself!! On the night of the event, I had a brief encounter with my idol when she walked past me. She was pleasant, but I couldn't wait till after the performance to hopefully get a picture with her. The show was great, she and her family were amazing! I decided to take a taxi to the event to avoid parking, so while I was waiting for the taxi to pick me up, I struck a conversation with two local women. They were amazed that I'd flown all the way there for this experience and were sad for me that I didn't really get to tell Sheila how big a fan I was and get a picture with her. Well, my taxi was late and Sheila's manager walked out and after the ladies asked on my behalf if I could meet Sheila, she said Sheila had gone home. I was disappointed, but oh well. A few minutes later, an angel walked out. It was Sheila's mother! The ladies asked to take a picture with her and then one of them pointed to me and told her my story. She was SHOCKED that I'd flown all the way from NY to see her daughter! She grabbed my hand and pulled me back into the ballroom and up to the VIP area to meet Sheila! I met her father first. He was suprised too that I had made that trip and appreciative. He signed my book and kissed me on the cheek. I was then taken to upstairs to Sheila and her mother called her over. Sheila signed my book and posed for a picture that her mother took. It all felt exactly the way it was, which was: "I'm tired, don't feel like taking this picture, but I will. Thanks a lot mom." (The picture was a Kool Aid smiling me with a barely smiling Sheila). I knew she was tired and rightly so. The woman is human. But right then at that moment, my feelings had changed and I was disappointed. I thanked Sheila, turned to her mother, beaming and on the brink of tears, thanked her. I was so grateful. She gave me a sincere hug. When I walked away, she called me back by my name. When I turned around, she was handing me a bouquet of mini white roses from the event. I fell in love with her mother that night. What an amazing woman and everything Sheila described in her book. Oh, the book! When I found out she had a book, I felt that even though I wasn't really a fan anymore, I'd invested so much time and so many years being one, that I felt I had to read it. I'm glad I did! After reading the book, which is a well-written, sometimes funny good read, I

learned that Sheila and I had a LOT in common, so many things, both, fortunate and unfortunate; we even lived on the same street as kids, she in Oakland, me in NY. Most important of all, I got some insight into who Sheila is. The woman is human, that's all. I got the feeling that she doesn't view her celebrity status the way most people view celebrities. She didn't get into the game to become a "star". She just loves music and her family. When I met her that night, I had met a woman who was celebrating her family and who had just worn herself out doing what she loved. I'm happy to say I'm a fan again and I wish Sheila and her family the best:-)

Sheila is a remarkable artist and learning more about her and her life was really great. I laughed, cried and totally related to the other artists she grew up around as the best music of my youth, she's the luckiest lady in that respect.

Sheila E. has always been a musical fave and now she is one of my favorite authors. The book goes into a lot of detail of her life....some commonly known and some not. Excellent title as well. Good job, Sheila!

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