

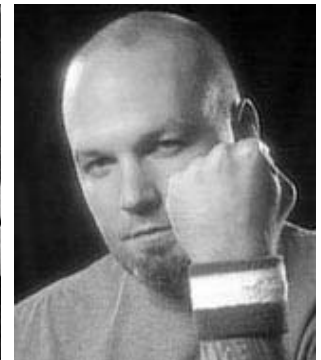
Remember those days when you sat in your room and you were sad because your Genesis was busted so you turned up your jambox to relieve the pain? And then your mom comes in and tells you to turn it down. All you could do was wonder: why doesn't mom understand me? That's when you cut it to some hard-ass Limp Bizkit track because Fred Durst was the only one who could quench your teen-angst with his unique blend of rap music and heavy metal music while telling mom to stick it up her ... yeah! Fred Durst, one of the greatest influences of the late 90s, voiced the trials and tribulations of being white and misunderstood in suburban America.

It's a good idea to want to be like Fred Durst because, as the perennial wrong-side-of-the-tracks bad boy, the fellas respect him and the honeys can't resist him. It's pretty easy to be just like Fred. Just follow the guidelines listed below; you'll be #1 on Total Request Live in no time.

- If you don't agree with someone's opinion, ask **"What have you been smokin'?!"**
- Wear your attitude in your baseball cap. If you're feelin' it one day, wear that cap backwards. On other occasions you might want to wear it slightly sideways because this says "Hey, I've got a different worldview than most."
- When you need applause, just remember to "give it up" for those 9/11 firefighters; make sure to capitalize on their suffering.
- Start some rumors about how you, Britney Spears, and Christina Aguilera "got it on." People will believe you and you will be a most revered.
- If you don't care about something, strongly state "I don't give a rat's ass."
- When a conversation sort of dies, say "I feel like breaking stuff." You know, it's just one of those days."
- When you're good friends with someone, say "we're tight" in reference to the friendship with that person. For example, Fred Durst and Carson Daly could be considered "tight."
- When you like something, you can say it's "tight." For instance, Papa Roach, Xbox, and extreme inline skating are tight.



He uses humor. "I didn't do it."



Multicolored wristband. Trendy.



Whoa! Attitude upon request.



Pure attitude.

- To spell like Fred use numbers and single-letters to replace common words. For example, substitute "2" for "to," "b" for "be" and you can even combine the two methods, like "b4" for "before." Cool.
- To do math like Fred, you need to make sure that every sum, product, quotient, and difference ends up being 69.
- If your friend's all stressed out about something, tell him **"Man, you just need to get laid."**
- If a fine honey walks by, say to your buddy **"I gotta tap that."**
- When you feel it appropriate, throw in the phrase "straight up" in the middle of a sentence.
- Pick a city that you think is pretty cool and make sure they have a baseball team. Actually, what you need to do is choose a team that everyone likes. Then buy the baseball hat; get it in a color that's not typical. Say, for example, the Yankees. Their color is navy, so a color that wouldn't be typical would be something like red. Once you choose the team, stick to it. That way, if you're asked why you like them you can say, "I've supported them through the good times and bad." Then you can mention something about how New York is the best city in the world and pair that with a 9/11 reference and you'll get huge "props."

Although he has an angry shell, if you let him open up to you you'll find that he's got a softer, spiritual side. "I've sinned so many ways it's unbelievable," but "I need some support and help from above now." Fred is a bad boy with a definite deep inner person. Tough and "tude on the outside, he's in fact a *thinking* person with *real* feelings.

Fred Durst loves his music and is "way serious" about it. After working the local scene in Jacksonville, FL, Fred reports, "people were vibing on us." He found that Limp Bizkit's distinctive hip-hop slash metal sound was in demand. Fred channeled his anger to write those intelligent, groundbreaking songs that skyrocketed Limp Bizkit to the forefront of MTV's "attitude bands" alongside the likes of Korn. After time at the top, "we're just Limp Bizkit again. Things are raw. Things aren't the same. We're not high rollin'. It's just about the art. We're not interested in the fair-weather friends. We're not interested in the television success, the radio success."

Another person who is important to replicate is modern pop-rap star Shaggy. He's so right when he gives props to Shorty rhyming "Life is one big party when you're still young, but who's gonna have your back when it's all done."