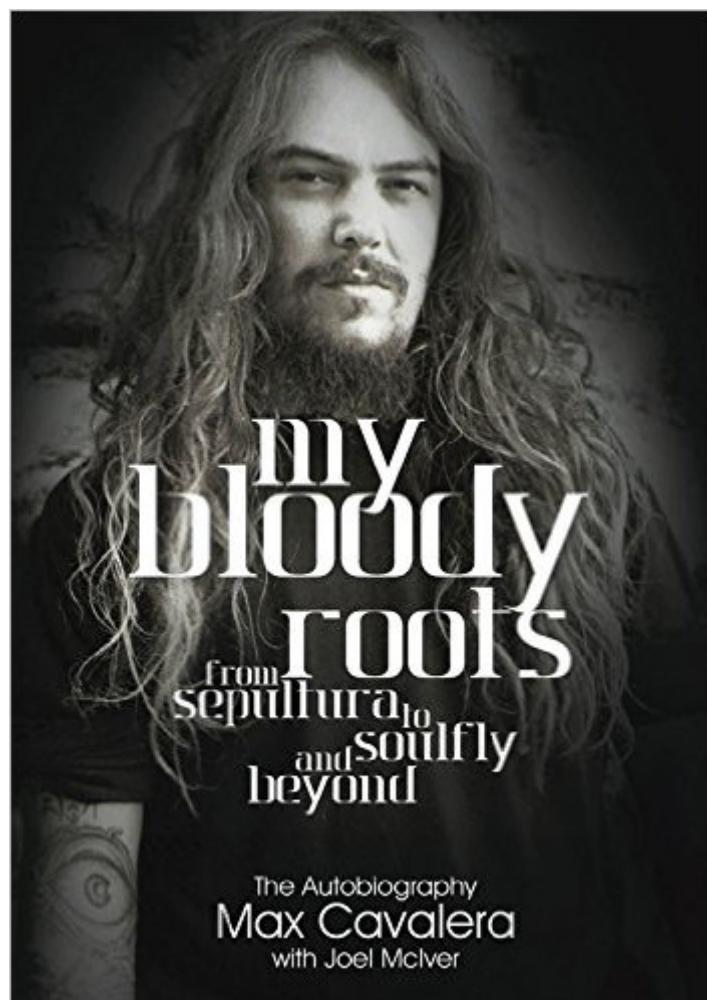


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# My Bloody Roots: From Sepultura To Soulfly And Beyond - The Autobiography



## Synopsis

My Bloody Roots is the brutally honest story of life in two of the world's best-known heavy metal bands, Sepultura and Soulfly, by one of the global metal scene's most respected musicians. Much, much more than just another tale of rock 'n' roll debauchery, it's a story of heartbreak and loss--and, ultimately, triumph. In it, Cavalera offers an unflinching account of life growing up in hardship in Brazil--a country not previously known for heavy metal--and the multi-million-selling success, against all odds, of the band he founded with his brother, Igor: Sepultura. Then, for the first time, he reveals the full story behind his split with the band--after which he did not speak to his brother for years--and the formation of his Soulfly, one of the most critically and commercially successful metal bands of the past two decades. He also goes into unflinching detail on the devastating impact of the deaths of his father, stepson, and grandson; his struggles with drugs and alcohol; and his eventual reunion with Igor in The Cavalera Conspiracy. Max Cavalera's has a unique and extraordinary story to tell, and My Bloody Roots is an autobiography like no other. This is essential reading for all fans of metal.

## Book Information

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## Customer Reviews

Being a life-long Sepultura fan, I couldn't wait to read this book. I read it in one sitting (about 7hrs) as it chronicled the life of someone I've been a fan of for 20+ years. Even though I pretty much knew what was coming next at all times, I couldn't put the book down; wanting to read each experience from Max himself. It had pretty much what I expected in terms of chronicling Max's

music from Sepultura to Nailbomb, to Soulfly to Cavalera Conspiracy. What it lacked were some of the aspects of which I love to read about in autobiographies; numerous backstage party stories, antics and debauchery with other bands (there were some drunken stories with Lemmy & Ministry), friendships & rivals, and all-out destruction!! Don't get me wrong, these things are in there, just not a lot compared to other Rock autobiographies. Now since I am such a big Max Cavalera fan, the parts of the book that covered the music were interesting. The little things mentioned about the times during writing & recording legendary albums; like their mind-set, influences, antics in the studio, were interesting & fun to read about. The story of Jello Biafra's "rawr" in 'Biotech Is Godzilla' is there (one I hadn't heard in 20 years), and I now know what makes the "pop" sound at the beginning of 'Roots'. Now you have to remember, this is Max Cavalera's autobiography, NOT a history of Sepultura. If you want closure regarding the break-up, you're not going to get it. Max obviously speaks about it from his perspective, and only talks about how HE felt about the situation and that's it. You're not going to get details (financial, artistic, etc) in regards to what happened to Sepultura's back catalog, who gets royalties, etc. Not much discussed business-wise. Obviously Max is not a businessman, that's why he has Gloria. I did enjoy the book, even though it was a lot tamer compared to other autobiographies within the same vein (Rex Brown, Al Jourgensen). It often reads like you already know most of the details to certain stories already, and leaves out important info that I only know 'cause I've been a fan for 20+ years. He never mentions how old Gloria is, and I get the impression she's old enough to be Max's mother. Also, very little detail into his stepson, Dana's "murder". In fact, with the details provided in this book, I'd call his "murder" an accident. And Max never goes into what instruments his sons play & how he got them involved in music. The only reason you know his son, Zyon plays drums is because Max goes over the album 'Savages' in the book. If you don't know what instrument his son, Igor plays, you still won't after this book. Max is a very private person, and unfortunately, that doesn't always translate to a good autobiography. The lack of details may bother some people. I read online that Max just verbally told his stories to writer Joel McIver (I read his 'Slayer' book & was not impressed), and Joel just wrote it down. Unfortunately, it sometimes reads like it. The lack of detail in some stories is just the way some people tell stories verbally; they leave out major details when spoken and not written. That was a little disappointing. And based on personal experience, Max absolutely contradicts himself in the book, in regards to signing autographs and getting pictures with fans. What bothered me the most though, was that the book was plagued with typos, misspellings and numerous grammatical errors; at times I had to re-read sentences several times just to be sure I was understanding it correctly. And this isn't the way Max speaks, he speaks English very well. Lazy editing. Despite the numerous

flaws within this book, being a Cavalera fan, I did enjoy it. But I'd only recommend this book to Max Cavalera and Sepultura fans, I don't feel a non-fan would enjoy it very much.

Sepultura is one of my all time favorite bands. Chaos A.D., was definitely a game changer for me as a kid and I had the privilege to see that show in Pittsburgh and even meet Max briefly. When I read a biography of any musician, I find it insightful when they go deep and reveal a personal side that never previously surfaced out into the public or media interviews by being vocally self-critical of their work as an artist and person. The story reads like a droning interview from Guitar World and he will have interviews from people that are obviously going to be biased towards Max as he did not get any interviews from Andreas or Paolo let alone how he hooked up with his now wife Gloria. Additionally, it's always interesting for a band to go into the financials, art work evolution, details of his road to recovery and random stories from his life. He did not get into any of those details and was kind of all over the place as the book read like e was using a text to speech app. Honestly, I think Joel McIver twiddled his thumbs. More importantly, he glossed over the Sepultura break up - does he still get money from the usage of the band? What happened with the label details? Thoughts on their music without him? The details he provides are details you can find in Wikipedia. Very disappointed and this was almost as bad as the current half assed attempt for those other guys to still call themselves Sepultura but I won't go that far because the fact that they are still around is depressing.

This is a tale of a man who loves what he does and the people he does it with - throughout this book, beyond the story and the characters, you will feel Max's passion jumping at you. His style of writing coincides with the way he composes: in bursts that hit you hard, in intense waves that can be tough to follow if you are looking for seamless structure, but with an unrivaled intensity that keeps you smiling. Cavalera is and will forever be one of those characters that changed an entire music genre. I still remember picking up the copy of Metal Forces that named 'Beneath the Remains' album of the month...just as I remember buying the LP and melting my stereo playing it over and over again. From then on, I've been following his career as he grew in the respected extreme music icon he is today. Maybe no single album can match some of Metallica's or Slayer's masterpieces, but if you put together a 'best of', I think Max will come out ahead of the masters, and his story will clarify why. Pick up the book, crank your CD player on and Jumpda\*\*\*\*up.

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