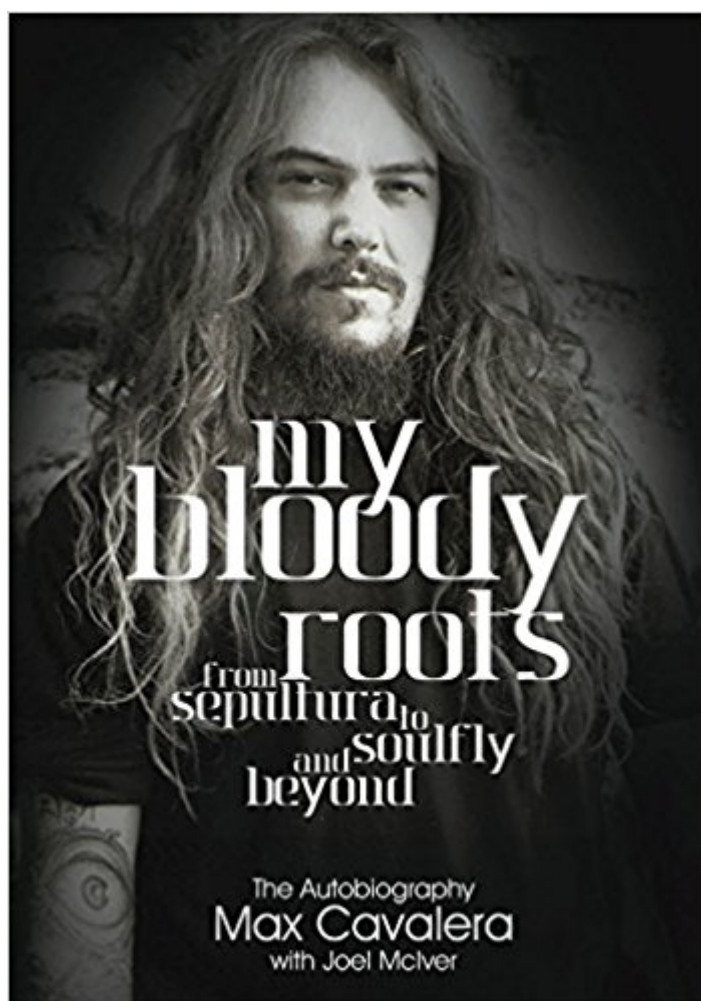


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# My Bloody Roots: From Sepultura To Soulfly And Beyond - The Autobiography



## 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, Iggor: 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 Iggor 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

Max Cavalera has been a professional musician since 1984 and has toured the world many times. He was a founder member of the award-winning Brazilian thrash metal band Sepultura before forming Soulfly, an immensely successful group who continue to play headline slots at the world's largest festivals and released their ninth studio album, *Savages*, in 2013. He also plays in Cavalera

Conspiracy, the band he formed with his brother Iggor in 2006. Joel McIver is the bestselling author of *Justice for All: The Truth About Metallica* which has been translated into 9 languages. He has written for *Rolling Stone*, *The Guardian*, *Metal Hammer*, *Classic Rock*, and he is the occasional guest on BBC. He is currently the editor of *Bass Guitar* magazine. *Classic Rock* magazine has called him "by some distance Britain's most prolific hard rock/metal author." He wrote the official biography of the world's biggest death metal band, *Cannibal Corpse* and co-wrote *Megadeth's* bio from bass player David Ellefson.

I'll start off by saying this is a highly biased review, there was no way I was not going to enjoy reading this. I grew up in Zimbabwe and Sepultura and then Soulfly meant more to me than words can say when I was a teenager in the 90s. I had no idea that the crowd noise at the end of Terrorist was from the 1980 Bob Marley concert in Zimbabwe. It was so badass.

I've listened to both the Bob Marley recording and *Primitive* so many times but never caught it. I digress... Seeing a metal band with intelligent and inspirational lyrics from the southern hemisphere getting out and becoming so well known worldwide blew my mind. They were (and Soulfly is) a prime example of music giving a voice to the voiceless. It wasn't just that they were outcast metal heads like me, they also inspired me to learn more about oppression and injustices in the world. They inspired me to be a better person. Sepultura, and particularly Max's lyrics, inspired me to learn about Brazilian history and my own country's history (which was not taught in school, we only learned European history). I am now an anthropologist/archaeologist, and *Roots* is without a doubt one of the reasons I initially became interested in anthropology. So yeah, the book is a fun, quick read with input from family and friends who have been involved in Max's various projects and life throughout the years. It was great to see the history of the bands through Max's eyes and remember just how inspirational he has been to my own life. Max has been through some heavy s\*\*\* and it's so good to see that he is still positive and even more driven than ever!

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.

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.

Reading this book is like sitting down and having a long yarn with Max. The conversational style is perfect. Candid, heartfelt and honest, Max bares his soul and deepens my respect for him a thousand-fold. If you're a fan of Sepultura or Soulfly don't hesitate to read this. I couldn't put it down. McIver's footprints are light here, as they should be. It seems that rather than ghost writing, he took the role of coxer-in-chief, midwife and faithful scribe. The result is a book which stands testament to the power of autobiography over biography in revealing the inner world of the subject, the motivations behind the mere facts. In summary My Bloody Roots leaves the reader feeling like they have not only met Max, but that they know him. What more can we ask for?

Kind of funny if you know of Max. A good read that made me laugh at times, and explained some mysteries behind the music.

You get to know Max from early days of his life. Then you realize that Sepultura started when he was only 11 years old. From that point you get an incredible amount of life stories that stand behind every Sepultura/Soufly album. It gives you totally new view on his artwork and his discography sounds different after this book.

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