



My Bloody Roots: From Sepultura to Soulfly and beyond - The Autobiography

Max Cavalera, Joel McIver

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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, Iggro: 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 Iggro 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.

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