



# Finding Joseph I: An Oral History of H.R. from Bad Brains

*Howie Abrams, James Lathos*

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“At his peak, H.R. was the greatest living front man in the history of rock ’n’ roll. No one came even close—NO ONE—and I mean that 100%. It was simply awe-inspiring; you had to see it IN PERSON to believe and understand it... But H.R. is a complex person—there are many, many stories about him, some of which I have been told by people close to him over the years, & some from strangers. There is a mythology built up around Bad Brains and this man in particular; a word-of-mouth portrait of a shaman, trickster, humanitarian, shyster, and just flat-out crazy person (crazy as in mentally ill, not the good kind). This just-released book, by Howie Abrams & James Lathos, is an unflinching oral history of H.R., his involvement with Bad Brains, & his struggles... I highly recommend it.” —D. Randall Blythe, Lamb of God, via Instagram

The first fully authorized biography of one of rock’s most enigmatic singers is a thoroughly uncensored rollercoaster ride through a riotous, tumultuous and utterly singular life and career. This gripping oral history features H.R. himself and the people who know him best, including Ian MacKaye, Questlove and members of Sublime and the Deftones.

The spiritual leader of Bad Brains was one of the most iconic and legendary front men in punk rock and hardcore. Paul “H.R.” Hudson launched his unique, ferocious vocal assault and dynamic physical showmanship with love and Rasta in his heart, along with a hopefulness seldom found in punk.

His journey has been riddled with unprecedented volatility: drugs, violence, disappearances and a debilitating mental illness. The disorder was so powerful—and the suffering so severe—that it’s difficult to fathom how he even survived.

How could one so tremendously troubled produce such an incredible body of work and have made such an impact?

*Finding Joseph I* features interviews with H.R.'s family, bandmates past and present, friends, and those he has influenced and inspired. Interviewees include members of Bad Brains, Guns N' Roses, Black Flag, Living Colour, 311, Fishbone, the Wailers, Cro-Mags, Dead Prez, Murphy's Law, P.O.D., Michael Franti & Spearhead and many more. Packed with many rare and never-before-seen images, *Finding Joseph I* is the definitive account of the punk rock icon.

**Howie Abrams** co-authored *The Merciless Book of Metal Lists* and *Misfit Summer Camp: 20 Years on the Road with the Vans Warped Tour*.

**James Lathos** is a director. His documentary debut is *Finding Joseph I: The Story of Paul "H.R." Hudson*.

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#### **Glenn Wallin:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or their particular friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the book untitled Finding Joseph I: An Oral History of H.R. from Bad Brains can be good book to read. May be it may be best activity to you.

#### **Charles Frye:**

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spent the whole day to reading a reserve. The book Finding Joseph I: An Oral History of H.R. from Bad Brains it doesn't matter what good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore very easily to read this book from the smart phone. The price is not very costly but this book features high quality.

#### **Robert Hill:**

Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you could have done when you have spare time, and then why you don't try issue that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Finding Joseph I: An Oral History of H.R. from Bad Brains, you could enjoy both. It is good combination right, you still want to miss it? What

kind of hang type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its known as reading friends.

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