

I, Bificus By Bif Naked **I, Bificus epub file** To listen to the interview you can check out our website Muses and Stuff or look us up on iTunes! 0062342908 Meh! I had big hopes for this book! It was ok and a couple funny moments but more of a list of events than an amazing would searching autobiography! If your a Bif fan then read it but if you don't then your life will still go on ! 0062342908 The first time I really registered the name Bif Naked was in 2009. **I, Bificus pdf editor** One of my colleague's partners had written "Bif Naked" on her sign and it gave me a immense amount of joy to see that sign flapping in front of me before she ran out of sight (her pace was far faster than my own). **I, Bificus bookkeeping** Now I lived in Vancouver for 21 years while Bif was very active in the music scene (1987-2008).

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From one of Canada's most original musical artists comes a new memoir about life love loss and triumph Bif Naked was born in secret to a teenager living in India the product of a Canadian girl and a British boy. **I, Bificus booking** " Targeted by girl gangs and facing other abusive situations she escaped this early life by joining a punk rock band and leaving on tour where she married the drummer and hit a downward spiral that found her on the floor of a Vancouver drug den. **I, Bificus booking** Bif showcased her life's journey in tattoo ink across her body and with her unique ability to transform her true life stories into song lyrics she found her voice as a solo artist started her own record company and at twenty-three years of age became an international recording artist. **I, Bificus booking** Throughout her remarkable career armed with her singular talent and instantly identifiable look Bif would captivate the imagination of audiences and media alike releasing nine albums and twenty-one videos. **I, Bificus epub file** Instead Bif came across as an anti-feminist and naive woman who published the book for shock factor and a money grabber rather than something that allows readers to learn about her and her experiences in the music scene. **I, Bificus booking** Yes I may be comparing this to the other musician memoirs that I have read particularly Kim Gordon's Girl in a Band which acted as a medium for her divorce but at least her music career and her divorce were intertwined and had influenced one another. **I, Bificus kindle app** She has had breast cancer and survived she said My cancer is now a memory my last treatment being in 2009 making me a Big Girl Survivor with five-plus cancer-free years under my belt. **I, Bificus booking** She resurfaced in my consciousness three years ago when my daughter then 15 and in BC Children's Hospital for a week long EEG found the courage to start talking about her struggle with epilepsy. **I, Bificus memoir definition** I was hooked long before I got to her chapter that details her battle with breast cancer which is an important part of her journey but not THE most important part of her journey. **I, Bificus booking** And the love and discretion she showers on those around her (she skillfully omits names of anyone who might be uncomfortable with a mention in her book ... something I envy greatly as a co-author of a soon-to-be-released memoir):

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I was constantly on the hunt for amazing women to look up to and Bif fit the bill perfectly, **I, Bificus pdf converter** I knew she was a trailblazer and that she must have fought hard to get to where she was and as the years progressed my respect for her continued to grow, **I, Bificus booking** I was super excited to read her memoir and think her honesty and bravery is incredibly admirable, **I, Bificus booking** At this years Canadian Music Week my co-host and I had the immense pleasure of chatting with Bif: **I, Bificus booking** I was doing the Run for the Cure in Kelowna with my friends and colleagues from UBC's Okanagan campus: **I, Bificus pdfescape** It was two and a half years since my best friend and sister-in-law had died from breast cancer: **I, Bificus memoir definition** I had helped my children write Auntie Nan on their "I'm Running For ..." signs that were pinned to the back of our t-shirts: **I, Bificus pdf converter** I had no idea Bif was battling the disease but I

sent a little prayer of wellness her way. **I, Bificus booking** She was rejected by both families hidden away in a mental hospital and adopted by missionaries and then moved to North America. **I, Bificus booklet** She began what she recalls with ironic humour as a “charmed life. **I, Bificus pdf converter** Through it all her creative personality and unstoppable humour were her weapons of self-defence: **I, Bificus booking** She embarked on seemingly endless international tours several feature films and multiple television roles only to be struck down with breast cancer at the age of 37: **I, Bificus pdf** Bif would discover her passion for advocacy as a triumphant survivor and someone who helps others first, **I, Bificus booking** I BificusBif Naked (Beth Torbert) was born in India and raised in the United States and Canada spending many of her formative years in Winnipeg, **I, Bificus booking** After fronting the underground bands Gorilla Gorilla and Chrome Dog Bif became a prominent alternative artist performer and songwriter. **I, Bificus booking** Her striking image friendly personality and powerful live performances have had her appearing in concerts and festivals around the world, **I, Bificus pdfescape** She has also appeared on film and TV on shows such as The Tonight Show with Jay Leno and Buffy the Vampire Slayer: **I, Bificus booking** I was particularly inspired by how she handled her cancer diagnosis. **I, Bificus epub file** Despite the events that have been awful enough to mess up the average person for life she never cries the 'why me?' or 'poor me' speech: **I, Bificus pdf** Thus I will give it one:TW: for rape scenes (about 4 maybe more)Man this book was a real big disappointment for me. **I, Bificus booklet** Growing up I was really into Bif Naked and what she represented, **I, Bificus booking** She looks like a tough punk rock chick that doesn't take shit from anyone, **I, Bificus booking** In fact she has been one of my inspirations for getting as many tattoos as I did: **I, Bificus booking** However the Bif that I loved growing up is only half of what I expected her to be in reality (as presented through this book), **I, Bificus booking** When she did detail what it was like to be a female musician it was scant a bunch of name dropping and uninteresting: **I, Bificus pdf converter** Bif Naked on the other hand wrote about rape drug use violence and breast cancer as things that were second to her music career, **I, Bificus bookworm** Like I get it: this is fair as it is a memoir about her life; she is writing about the things that shaped and influenced her, **I, Bificus kindle app** HOWEVER instead of writing about the impacts of these events as her as a person or what she learned from them (much like in Jenny Mollen's book for example: **I, Bificus booking** which I love) they were just 3-4 pages detailing these events, **I, Bificus bookworm** I know she isn't a writer and is a performer but I feel like the editor could have done a better job, **I, Bificus pdf converter** 0062342908 I have long been a fan of Bif Naked's music, **I, Bificus booking** And knowing some of her story and the lyrics of her music I was aware she had been through the ringer and likely more than once: **I, Bificus pdf** I was not prepared for how much one person had gone through: **I, Bificus booking** Let alone gone through and yet always seems so positive and energetic and with such strong fight, **I, Bificus booklet** This woman has suffered so much abuse and yet remained strong: **I, Bificus pdf** Now to be honest the book is in many sections not an easy read, **I, Bificus booking** To be honest I had to take a break and come back to the book not being able to read it through: **I, Bificus booking** There are a number of entertaining stories in this volume and in the 41 short chapters Bif manages to bare all, **I, Bificus pdf converter** She is open and honest with her struggles her trials and her triumphs: **I, Bificus booking** She shares about life on the road life in a band and then life as the lead in a solo act: **I, Bificus booking** She is open about her experimentations with alcohol drugs and with a fluid sexuality. **I, Bificus memoir definition** But even while living the straight edge a person can make mistakes and end up in situations they just want to get over, **I, Bificus kindle app** From the stories in this book Bif has an incredible ability to compartmentalize and just get through whatever life or others have thrown at her. **I, Bificus pdf converter** She is a strong powerful woman who has been on a lifelong journey of self-discovery. **I, Bificus kindle app** Through that process and in her sharing with us she is open an honest. **I, Bificus kindle app** She is far more transparent about her faults failings and mistakes than most people: **I, Bificus booking** Bif states: I am an Indian-born born-abroad Canadian (or like I enjoy saying I was born a broad): **I, Bificus memoir definition** I have been these two things for as long as my memory goes back: **I, Bificus booking** I learned my

patriotism from my father-or at the very least how to brag about it, **I, Bificus booking** He was an American who gave up his citizenship to become Canadian: **I, Bificus epub file** She was adopted and has an Indian adopted sister and a sister born to her adoptive parents, **I, Bificus pdf editor** She has a large loyal following at home and has had great success in Europe, **I, Bificus bookworm** She often promotes young Canadian talent especially female acts and bands. **I, Bificus memoir definition** Bif was the focal point of a reality program that followed her engagement and wedding, **I, Bificus booker** I still use chemoprevention to prevent recurrence and am enjoying my full and racy menopause: **I, Bificus booking** I know I am lucky to be alive and am proud to have a piece of catheter tubing left from my surgical port in my chest as a souvenir, **I, Bificus booking** She stands proud of who she is and who she is still becoming. **I, Bificus pdf converter** At the end of the book she states; The future is like sun rays to me and I tilt my soul in the direction of this light: **I, Bificus kindle app** I am still unshakable in my faith in people and in my relentless positivity and I will not ever change that: **I, Bificus memoir definition** I love life even more every day no matter what's ahead of me: **I, Bificus pdfescape** My goals in life are simple really-to make and keep everybody happy: **I, Bificus booking** On the stage on the page in the sick wards or in my mother's kitchen. **I, Bificus kindle app** And that is what she strives to do day in and day out, **I, Bificus booker** No this book was not an easy read but as an artist I respect and appreciate I pushed on and finished the book: **I, Bificus booking** For all the hardships she has experienced she lives joy and positive attitude and for that she is a shining example. **I, Bificus epub file** 0062342908 Like any celebrity memoir this is no literary masterpiece but Bif Naked is pretty rad and I enjoyed spending a rainy cold Saturday with her: **I, Bificus booking** 0062342908 This is one of those books where I just wanted it to keep going: **I, Bificus memoir definition** Bif is a very interesting and sweet person with a lot of crazy and fun stories so I want MORE, **I, Bificus pdf converter** The writing was fluid and easy and relateable on so many levels. **I, Bificus booking** You could tell this was written by her in HER voice which is why it was so great to read and genuine. **I, Bificus booking** 0062342908 As a Canadian tween in late 90's/early 00's Bif was obviously one of the most badass women I'd ever seen, **I, Bificus pdf editor** I think it would be un-Canadian to not recognize her face and music, **I, Bificus booking** But that name on the Run for the Cure sign really made her a REAL person to me, **I, Bificus booking** As she started her @Sandpapersmiles twitter account Bif was one of the first people to follow Cait and even liked a couple of her Tweets from the hospital: **I, Bificus booking** I don't know if Bif's follow or Shred Kelly's was more exciting for Cait: **I, Bificus booker** So I knew I wanted to get my hands on Bif's book when it came out, **I, Bificus pdfiller** I ordered it as soon as it was available and was thrilled when it was delivered 2 days later (thank you Canada Post!), **I, Bificus booking** I've read lots of Bif's posts on social media and they are radiant lyrical and poetic. **I, Bificus epub file** I wasn't sure I could handle an entire book written in that kind of style. **I, Bificus pdfiller** Instead she wrote with an honest engaging voice that had me shushing those around me so I could keep reading: **I, Bificus pdf** I love biographical work but rarely does it engage me like Bif Naked's story did: **I, Bificus kindle app** I don't think I've read such a truthful and open account of anyone's life. **I, Bificus bookkeeping** Not only does the spirit of Bif Naked shine through but even more deeply the sweet caring spirit of Beth Hopkins radiates in her memoir, **I, Bificus bookworm** When I finished reading this book I really felt connected to Beth/Bif on a spiritual level: **I, Bificus pdf** A deep happiness filled me that only is replicated by spending time with good kindred spirits; girlfriends who you can have belly laughs with, **I, Bificus booking** This book is written by a generous giving soul in a honest and loving manner. **I, Bificus pdfiller** If I could I would lend you my copy of the book but Cait has already disappeared into her room to devour it so you will just have to go and buy your own copy, **I, Bificus pdf editor** 0062342908 As a Canadian music junkie from the mid 90s on interesting read, **I, Bificus pdfescape** As a mom OH MY GOD 0062342908 Powerful story told with truth and brilliance, **I, Bificus pdf converter** She has shown great strength and maintains integrity with added wit. This is Bif Naked's story so far . . . Bif lives in Vancouver B.C. Not really a wordsmith however I did enjoy this quick read. I appreciated her candour on her experiences. She's a true rock star. 0062342908 This book needs a trigger

warning. Most of which made me want to blame her parents. Finally the writing was just not good. She provides so very specific details of traumatic events. But she also comes back to living the straight edge. And to be honest she is the Queen of Canadian Rockers. But in all of that she continued to give back. I love it all: the past the present and the future. Read the review on my blog Book Reviews and More. edit: Re-read July 2023. Glued to much music so I knew who she was. I was exceptionally surprised and delighted by this memoir. But she didn't do that at all. Bif Naked makes this planet a better place. You won't be disappointed. What doesn't kill you certainly makes you stronger. 0062342908

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