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Bob and the Monster: Blu-ray

It's often said about addiction that junkies can't be cured until they've run out of money and friends, and they've finally grown tired of bouncing their sore asses along rock bottom. Obviously, there are exceptions to the rule, but "Bob and the Monster" isn't about those people. When he was the frontman for the L.A.-based post-punk band, Thelonious Monster, Bob Forrest was the first pick in every rock-'n'-roll death pool. Blessed with a natural feel for interesting lyrics, as well as solid vocal pipes, Forrest was an unrepentant junkie and self-destructive artist. Until he began his inevitable slide to rock bottom, Forrest was an active participant in and much admired member of Hollywood's bustling recording and club scene. In the late 1980s and early 1990s, heroin was the drug of choice for scene makers and musicians, and he partied harder than most of them. In Keirda Bahruth's compelling documentary, it's possible to witness Forrest's determined rise, dramatic collapse and inspirational resurrection as a widely respected addiction counselor, especially in the SoCal creative community. His rise and fall are chronicled in "Bob and the Monster" through archival concert footage, personal accounts and home videos. Bahruth was able to document his return to sobriety as it happened. To this end, she found willing witnesses in Courtney Love, Flea and Anthony Kedis from the Red Hot Chilli Peppers, as well as members of Fishbone, Jane's Addiction and Thelonious Monster. To keep things fresh, Bahruth alternated clips and interviews, with strategically placed collages, quote blocks, voiceovers and stop-motion animation. The Blu-ray adds a pair of commentary tracks and a featurette on the Claymation process. – Gary Dretzka