I hate windows.

If you don't want to lose your bash stuff, you might want to turn off Windows Insider Updates.

Always back up your work (you can use submit to do this).

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Apparently, to turn off Windows Insider, you have to reinstall an earlier version of the operating system.

Just amazingly stupid.

Does this also include those who have windows anniversary installed or just those who get dev builds to access the bash?

Just the developer version. It says when you install it that you should back things up.