

To be honest I have no idea what to write here. Maybe I'm just afraid to talk about it. I dunno. I was in such a different place in my life when this record came out two years ago. Everything was so much darker, and anxiety followed me everywhere. I wish I could pretend that it came from some place of great confidence and inspiration but somehow the main source of inspiration was my deep self doubt and self-consciousness. I don't think I ever once thought about what "song-writing" is and I hadn't listened to Bob Dylan yet. Infact I thought he was some kind of lame hack lmao. Regardless, it seems like people like the record but it's hard for me personally to listen to it now. So as I'm writing this two years later I don't know if I've listened to it front to back since it came out. That's probably why I never toured it. Maybe I will someday. The problem is now none of these songs seem to resonate with me now. A lot has changed. But it's not about me, its about YOU. Thats right YOU the person reading this. The person who bought the record. Thank you so much for buying it and opening it up and reading this stream of conscious splatter of text up until this point. Why did you buy it? Maybe becuae the music resonated with you? If so that's awesome. But I hope you also aren't too sad, becuae there's some sad stuff on here. It's also some universal stuff though, so don't feel too bad. I think it's only natural to place other people above yourself. Of course the truth is that we are never above or below anyone, it's all in our head, and I think there's the same amount of narcism that goes in thinking we are below somemone as the there is in the reverse. Anyway I keep hearing from people that this record is comforting and gets them through a lot. I think if you're suffering right now it's important to remember that you can trascend it, and that in order to do it it's a personal thing. For me nothing seemed to work, pills, alcohol, drugs, sex, spirituality, dieting, trying to avoid conflict, despirately trying to be "positive". I think these things really fucked me up for a long time and in so many ways just allowed me to deny pain further. And deny real love too, ironically. The only thing that seemed to work was making stuff, that seems to be the catalyst for transformation for me. I can't speak for anyone else, but it's the only thing I feel comfortable recommending. If you're reading this instead of listening to this record go make something right now and listen to it later. I FUCKING DARE YOU.

Love

Matthew Tavares

