

Geez, 2018. There's a year I'd like to mostly forget.

And that's a damn shame. Personally, things really couldn't be better for me on paper. Strong marriage, an intelligent and energetic young son, stable job, decent house, no major issues.

But despite all the positives, it was hard not to get bogged down in a lot of the awful things going on in the world. I tried my best, but it's not easy for those of us who suffer from mental illness. I'm doing much better now towards the end of the year, but it was definitely a struggle.

So one of my major outlets was this album, and the general theme is anxiety. It's been therapeutic. There are points on this album where I can definitely tell where I was straining.

Despite all the negativity, this has turned out to be one of my better musical efforts and I'm very proud of it. Before, I would go back and listen to music I'd made and sort of cringe internally, whether from cheeseball lyrics or just something dumb like a flubbed bassline. But this one makes me happy.

I hope anyone who listens to these songs enjoys them.

Tips for a happier life:

- **Avoid social media**
- **Avoid 24-hour news**
- **Avoid toxic people**
- **Get some sleep**
- **Don't be afraid to admit you have a mental illness and ask for help**

**Try to stay positive,
Damien C.
2018.12.28**