

Shout Out Louds

Ease my mind

On September 22, *Shout Out Louds* return with *Ease My Mind* (Sony Music)

In their 15 years as a band, **SHOUT OUT LOUDS** have toured the world many times and achieved varying degrees of success. The band played a show in the Brazilian rainforest with a freezer box for a dressing room. They once performed in Yokohama, Japan, for an audience of two Austrians. They played in a Sicilian rainstorm so heavy they had to shake out their instruments afterwards, with the soaked backdrop left hung to dry on a hotel facade. The music sites will remind you that the band have performed for David Letterman and Jay Leno and toured with The Strokes during their heyday, but most importantly, they have released four albums of brilliant pop music. **EASE MY MIND**, the band's fifth full-length, is a welcome return from these Swedish pop masters.

Shout Out Louds did not set out to look back with *Ease My Mind*, but rather to re-emerge with songs that resonate with timeless indie pop history while simultaneously looking ahead to the future with great anticipation.

After the departure of drummer Eric Edman who played on 2013's *Optica*, the band recruited Lars Skoglund, known for his drumming with Lykke Li. Skoglund played an important part in the making of *Ease My Mind*. "You could say he's a part-time member of Shout Out Louds," says lead singer/guitarist **ADAM OLENIUS**. "He plays on the record and comes on tour with us, but he still works for other artists as well. Lars has a good influence on us. Everyone listens when he speaks."

On the album's first track, "Jumbo Jet," Shout Out Louds manage to kidnap one's thoughts, bringing them to some warm, faraway place. Perhaps with a beach nearby. Seagulls. A life free of thankless tasks. A place one never wants to leave. Surely, the album was recorded during summer's most beautiful months, someplace where palm trees grow. Maybe Los Angeles?

"We recorded the album in a basement in a Stockholm suburb from October to March," says Adam. Multi-instrumentalist and vocalist **BEBBAN STENBORG** elaborates: "There was rat poison on the floor, junkies in the room next door. Not the most obvious place to make 'sunset rock.' But I suppose that's the power of escapism."

One could say that Shout Out Louds returned to their roots. They recorded the album with **FREDRIK SWAHN** (from the band The Amazing) who filled the band with such new energy that they were willing to commute to the 'burbs during the darkest months of the year. He was joined by **MÅNS LUNDBERG** who produced the song "Souvenirs" and **AXEL ALGMARK** who produced "No Logic" and "Angel."

Adam writes, "Fredrik lifted us. He gave us a lot of self-confidence. We had been away for three years and were a little low on self-esteem. I had met Fredrik at parties and listened a lot to his band's last album. It was fun to work with someone who wasn't everyone's staple producer."

"I think the album sounds this sunny because we were so happy in the studio," Bebban continues. "Fredrik is full of energy. He came to our practice space, had a few beers, and started to dance around. We're not entirely used to that type of vibe in the practice space; it was rejuvenating."

Adam agrees. "We had such a good time in the studio we started to hang out there after we were done for the day. All of the tracks got their very own afterparty."

"I did most of my vocals during those parties. I'm a little shy, so my best takes were done late at night when I was a little bit tipsy in the studio," Bebban admits. "But historically, we've actually never been at our best in fancy studios. They have a way of making us feel anxious and overwhelmed, which can sneak into the music."

After a three-year break for family life and side projects, Adam, Bebban, guitarist **CARL VON ARBIN**, and bassist **TED MALMROS** decided to focus on Shout Out Louds once again. This was an active choice—as it has to be, perhaps, to keep going after having already spent half a lifetime together. The four band members have been friends since high school and grew up together as colleagues and travel companions. You never get to know someone as closely as you do when you're crammed together in the same touring vehicle, mile after mile. Are the band members more like siblings or an old married couple, then?

"We're more like siblings than anything else. We all know what everyone else hates about ourselves at this point," they

all agree. “We all have sides that are easy to make fun of. We play because we enjoy it so much, but we’ve also done this for half our lives. We’ve learned not to take everything to heart, and to just go for it.”

The title of the second track, “Paola”—Bebban’s given name—was chosen by Adam as a tribute to the band members’ longstanding friendship. He explains, “It’s about a time in our lives before we started the band. Trying to find a different way of living than the one you came from. Choosing another path. I had different lyrics for it at first, but then I felt like the album needed a song like this one.”

Ease My Mind’s sunny sound came about during midwinter in a suburb, but most of the songs were written in Adam’s summer cabin outside of Flen, just south of Stockholm. “We went there to be able to practice and write all day and all night. Four people and a drum machine in a cottage. Very relaxed,” writes Adam. “Someone took a nap, woke up, and played a little. Someone else cooked some food. The working titles on most of the tracks were something we had just eaten.”

The album’s title, however, is unrelated to food. Rather, *Ease My Mind* is a reference to something we all spend our lives searching for: solace.

Adam and Bebban write: “The world is a different place now than it was in the beginning of the 2000’s. We didn’t grow up very aware of political messages in music and probably didn’t feel much of an urgent need to understand the world around us, in that sense. However, that has changed over the years. The world has seemed extremely dystopic and frail for quite a while now, and having children and getting older forces you to open your eyes to issues more devastating than heartbreak and feeling lost. But in our music, we still allow ourselves to address things the way we always have: through emotions rather than analysis. Music as a means of escape, a need to take a break from feeling petrified with fear. *Ease My Mind* is a lot about that for us.”

So, solace. Then what is the title track about? “It straight up describes a booty call as the form of solace we are talking about,” explains Bebban, who provides lead vocals on the song. “It’s about how something incredibly flat, soulless—even damaging, at worst—can fill a function when your emotions are all over the place. Those brief moments of release that may not do you any good at all in the long run but that treat the absolute, most urgent pain. That maybe there is a bit of beauty to it, in all its ugliness.”

DISCOGRAPHY {ALBUMS}

2003	Howl Howl Gaff Gaff
2007	Our Ill Wills
2010	Work
2013	Optica
2017	Ease My Mind

SHOWS 2017

SUMMER FESTIVALS 2017 — *more tba*

10 June	Munich, Germany	Puls Festival
16 June	Traumzeit Festival, Germany	
16 Sept	Darmstadt, Germany	Golden Leaves Festival

GERMANY, AUSTRIA & SWITZERLAND

4 Oct	Vienna, AT	Wuk
5 Oct	Graz, AT	PPC
6 Oct	Salzburg, AT	Rockhouse
7 Oct	Winterthur, CH	Salzhaus
9 Oct	Munich, GER	Muffathalle
10 Oct	Erlangen, GER	E-Werk
11 Oct	Leipzig, GER	Täubchenthal
12 Oct	Cologne, GER	Live Music Hall
13 Oct	Hamburg, GER	Uebel & Gefaehrlich
14 Oct	Berlin, GER	Astra Kulturhaus

SWEDEN

25 Oct	Malmö	KB
26 Oct	Gothenburg	Pustervik
27 Oct	Stockholm	Vasateatern

USA / CANADA

30 Oct	Philadelphia	Underground Arts
31 Oct	Washington	U Street Music Hall
2 Nov	New York	Bowery Ballroom
3 Nov	Brooklyn	Music Hall of Williamsburg
4 Nov	Boston	Brighton Music Hall
5 Nov	Burlington	Higher Ground Showcase Lounge
6 Nov	Toronto	Mod Club
7 Nov	Columbus	The Basement
8 Nov	Chicago	Lincoln Hall
9 Nov	Minneapolis	Fine Line
12 Nov	Vancouver	Venue
13 Nov	Seattle	Crocodile
14 Nov	Portland	Doug Fir
15 Nov	San Francisco	Great American Music Hall
17 Nov	Los Angeles	The Fonda
18 Nov	Santa Ana	Constellation Room