



# SEBADOH

## DEFEND YOURSELF

RELEASE DATE : September 17, 2013

CATALOG # : JNR120

AVAILABLE FORMATS : CD / LP / digital

GENRE : Indie Rock

TERRITORY RESTRICTIONS : USA only

BOX LOT QUANTITY : 25 CD // 12 / 60 LP

PACKAGING : wallet // jacket

VINYL NON-RETURNABLE.



LP



CD

VINYL UPC : 656605483016  
CD UPC : 656605483023  
DIGITAL UPC : 656605483061

### TRACK LISTING :

1. i Will
2. Love you Here
3. Beat
4. Defend yr Self
5. Oxygen
6. Once
7. Inquiries
8. State of mine
9. Final days
10. Can't Depend
11. Let it Out
12. Listen
13. Separate

### POINTS OF INTEREST

- FIRST NEW ALBUM IN 14 YEARS.
- DIE-CUT SLEEVE
- LIMITED-EDITION, RED COLORED VINYL VERSION INCLUDES EXCLUSIVE BONUS 7"
- AS WITH ALL JNR VINYL, INCLUDES DIGITAL DOWNLOAD.

### OVERVIEW :

Sebadoh, legendary pioneers of lo-fi, return with their first new full-length LP in 14 years, *Defend Yourself*. Lou Barlow speaks on putting the album together with longtime co-writer Jason Lowenstein & Bob D'Amico of the Fiery Furnaces on drums after their long recording hiatus:

*"Defend Yourself was recorded in a practice space. The Sebadoh was recorded in an expensive LA studio. Defend Yourself was recorded by Jake. The Sebadoh was recorded by a producer & an engineer who got paid...we did Defend Yourself the only way it could have been done, on the cheap &--outside of the mixing of my 6 songs with Wally Gagel\*-- all by ourselves.*

*We kept to ourselves during the recording & didn't have much-- if any --outside intervention. That, to my mind, makes it a true Sebadoh record & aligns the style of Defend Yourself with our early releases.*

*I used more 4 string guitar on this record than any record since Bakesale. Also, we tuned lower & I reverted back to the downstroke strumming style that I used early on. I made a conscious effort to do what felt the most natural as opposed to trying to streamline the sound as I did with some of the songs on The Sebadoh & Harmacy."*

\*Wally Gagel=Barlow's writing partner/producer during the heyday of the Folk Implosion (The quotes excerpted above were pulled from a longer interview, a full & unexpurgated version of which is <http://www.joyfulnoiserecordings.com/journal/defend-yourself/>)



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