

Uniform & The Body

Mental Wounds Not Healing



In Spring 2017, **Uniform** was asked to support fellow noisy, boundary-pushing duo **The Body** for a European tour. Having been longtime fans of the band, **Uniform** vocalist Michael Berdan and guitarist Ben Greenberg jumped at the opportunity. During the planning phase of the tour, Berdan and Lee Buford from **The Body** started corresponding regularly. Ultimately, Berdan asked Buford if he and **The Body** cofounder Chip King would be interested in making a collaborative record with **Uniform**. Buford enthusiastically assented, and the seed of *Mental Wounds Not Healing* was sown.

A few months after the genesis of the idea, Berdan and Greenberg went to the legendary underground Providence studio Machines With Magnets, where **The Body** were finishing up work on their latest LP. King and Buford had a ton of cool beats and music ready that Berdan played synth bass lines over. Greenberg then played guitar over Berdan's bass lines, and the songs began to take shape.

After the Machine With Magnets session, engineer Seth Manchester sent Greenberg stems of the tracks to work on back in Brooklyn. Berdan recorded vocals in the hallway of Greenberg's tiny apartment, and the raw intensity of that makeshift session served as the perfect counterpoint for King's unmistakable voice. Effectively, every song on *Mental Wounds Not Healing* is a duet between Berdan and King. The collaboration pushes both bands far beyond their roots in industrial music and metal, creating an immersive listening experience that truly transcends genre.

The title of the record is a line stolen from the chorus of **Ozzy Osbourne's** "Crazy Train." Most of the titles are culled from horror literature and cinema, with specific nods to Shirley Jackson, Jack Ketchum, and Elem Klimov. Thematically, the songs have to do with feeling trapped in one's own mind, projecting images over and over again of a future in shambles before it even gets a chance to happen. It is about hopelessness, anxiety, and depression so familiar that they seem like permanent fixtures of one's psyche and identity.

TRACK LISTING:

- 1 Dead River (2:27)
- 2 The Curse of Eternal Life (3:49)
- 3 Come and See (4:55)
- 4 The Boy With Death in His Eyes (3:31)
- 5 In My Skin (4:33)
- 6 We Have Always Live in the Castle (4:00)
- 7 Empty Comforts (4:00)

KEY INFORMATION / SELLING POINTS:

Hometown / Key Markets:

- New York, Providence, Portland, Los Angeles, San Francisco, Chicago, Austin

Selling Points / Key Press:

- Clear vinyl edition limited to 1000 copies worldwide
- Collaborative album between two of the heaviest hitters in forward-thinking metal/noise/industrial music
- Inaugural release in the new **Sacred Bones Alliance** series of collaborative albums
- **Uniform** and **The Body** have toured extensively together and will do more shows together following the release; including collaborative sets

RELATED CATALOG

- SBR-166 Uniform *Ghosthouse 12"*
- SBR-170 Uniform *Wake in Fright CD/LP*

RiYL: Godflesh, Big Black, Full of Hell, Merzbow

CATALOG #: SBA-001

GENRE: Experimental/Noise/Metal

RELEASE DATE: 6-8-2018

AVAILABLE FORMATS: LP, CLEAR VINYL LP

UPC-LP: 616892580744

UPC-LP-CI: 616892580843

EXPORT RESTRICTIONS: World

VINYL IS NOT RETURNABLE

BOX LOT: LP 30

LABEL CONTACT:

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LP



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