

harrison

## **MEDIA RELEASE**

STRICTLY EMBARGOED

**7 OCTOBER**

# **WHEN A DEATH WISH TURNS INTO *PLAN B***

Sydney-born singer-songwriter HARRISON is set to launch her first album, *Plan B* on 7 October.

Creating the soul-baring album was on HARRISON's 'bucket list' which she compiled when hitting rock bottom and reevaluating what she wanted after feeling like giving up.

"It was the lowest, darkest and most painful time of my life. I found myself on the floor, drinking at 10am, in a desperate attempt to numb the pain. I have never felt so helpless." HARRISON said.

She had just fled a toxic, abusive relationship. She was left without a home, lost a multi-million dollar business, and the will to live.

"I weighed close to half of what I am now and was shaking every day from shock. I had nothing left. I was convinced the cards I was dealt; things that were completely out of my control; were so bad that life was not worth living. After what ended up being my darkest day, I reevaluated what I really wanted". HARRISON said. Her grand plan: to sell everything and spend all her savings on experiences.

HARRISON set about creating her bucket list and the next day started ticking items off the list. She started selling her possessions and spent the money she had on the things she always wanted to do. HARRISON bought flowers for strangers, threw parties, donated money to charity, went and visited friends across the globe, partied until the sun came up and took a ride in a helicopter. But the one thing HARRISON always wanted to do, and had to do, was release an album. *Plan B* was born.

HARRISON, now a music teacher at an exclusive Sydney boys' school, has music in the genes and that is likely the reason her sound is so mature for a first foray into the music industry. Surrounded by music as a child with both her parents musicians, she topped music in the HSC and went on to the Conservatorium of Music, Sydney, learning from the Chair of Percussion. In fear of the unstable music industry, she went and completed a business degree instead of pursuing a degree in music, yet always taught music and gigged on the side.

When brainstorming for the album with her co-producer, Rod Owen, they came up with the idea to have a grand piano on the cliffs at Manly for a video clip. During filming, the piano was pushed over the side of the cliff by a member of the public when the film crew were on a break. It soon became news across Australia, but few people really knew what happened. [www.harrisontheartist.com/the-artist](http://www.harrisontheartist.com/the-artist)

In the past twelve months, the Sydney-born singer songwriter has started her dream company, now employing eight people, went missing in Mexico, recorded a 15 track album, moved to Byron Bay and the list goes on.

# harrison

HARRISON has a number of different sounds, reflecting the many different sides to her. Some tracks sound like Carly Simon or Natalie Imbruglia, whilst others echo Sarah McLaughlin, Enya or Dido, all with an Aussie twinge like other Australian artists such as Missy Higgins and Sarah Blasko.

HARRISON played drums throughout the whole album and sang and played piano. James Englund from Crash Symphony Studios produced the album and played guitar and synth. Rod Owen played bass, guitar and synth.

Instead of your typical album launch, HARRISON wanted to do something different. *Vernissage*, the name of the launch, typically means an 'un-covering' of artwork. The invite-only launch of *Plan B* is being held at an art gallery and will be a sensory event.

There are fifteen tracks on the album. Each song has a video or audio station with multiple sets of headphones and is accompanied with some sort of activity for the listener to experience. For example, whilst a song is playing, you may be blindfolded. Another station, for a song about infidelity, will have a confession box for listeners to write their confessions, later to be typed up and released on her website. Another song asks you to stare into a mirror for the duration. After the VIP *Vernissage*, the exhibition will be open to the public for one week.

"I am having so much fun completing my bucket list, I have regained the will to live and have a completely new outlook on life. *Plan B* is a constant reminder that we can and do recreate ourselves when Plan A doesn't work out" HARRISON said.

*Plan B* will be on sale to the public from 7 October.

- **Ends** -

Media are invited to attend the launch. HARRISON (Bron Harrison) is available for interviews prior to and after the launch.

**What:** HARRISON – Vernissage.

**When:** 6 October 7pm – 10pm

**Where:** Muse Clinic, 155 Little Oxford Street, Darlinghurst NSW 2010

**Further info:**

[www.harrisontheartist.com/for-media](http://www.harrisontheartist.com/for-media)

[www.facebook.com/harrison.the.artist](https://www.facebook.com/harrison.the.artist)

[www.instagram.com/harrisontheartist](https://www.instagram.com/harrisontheartist)

<https://vimeo.com/harrisontheartist>

[www.youtube.com/channel/UCWcKsW3X\\_vhjQSmjaXgTRuQ](https://www.youtube.com/channel/UCWcKsW3X_vhjQSmjaXgTRuQ)

**Media contact:**

Sara Duddy

Hello Word

E: [Sara@helloworld.net.au](mailto:Sara@helloworld.net.au)

M: +61 478 667 860

P: 02 6689 5515