

MATTIAS LIES

New single "Light & Ease" August 26th 2021 * Record label: Quality Recordings

Singer-songwriter Mattias Lies writes music based on his own story and the transformative journey he has made. With an open heart and a lot of sisu* he has released five albums and toured in both Sweden and the USA where he shared his experiences through his music. The new album "Turning Points", with Daniel Ögren as producer, is on its way and just as the title suggests, it describes various turning points that have taken place in Lie's eventful life. The new single will be released on August 26th, via Quality Recordings.

On the first single "Light & Ease" Lies reflects upon his relationship to his hometown Falun but also about finding the courage to believe in oneself and what you stand for. Mattias says:

"One day it dawned on me that I was constantly setting hooks for myself, that I was in fact afraid of success. I began to understand how fruitless it is to blame other people and circumstances for my own failures, in the end I'm the one who needs to take responsibility for what I want to do with my life. If I do not believe in myself then who will? I wanted to write a song about this process and this is how it turned out."

For Mattias Lies, songwriting has served as a compass needle, a therapeutic tool that has helped make the world a little more understandable. Those who have listened to Mattias' music also understand that his own upbringing was not a dance on roses. On the other hand one should not judge him as a bird of sorrow - on the contrary, he is living proof of how to transform pain into mature optimism. Even if the music is rooted in melancholy, it exudes both joy and hope. Mattias shares his transformative journey with the following words:

"There can be a thin line between a blessing and a curse. I despised my dark history until the day I finished mourning. On the therapy bench, in the

MATTIAS LIES

Light & Ease



Photo & artwork: Josef Mauritzson

songwriting workshop and in the woods, I have tied loose threads together. Today I own my story, it has made me who I am and I feel proud of that. Like my ancestors, I have a lot of sisu and have never given up. I have been reconciled with the past and I want to share that journey with you."

**Sisu*: A person with sisu is characterized by being purposeful, persistent, resilient and possessing a high degree of grit and bravery.



Discography

- * * 2006 "Mattias Lies" * 2008 "Messages"
- * * 2012 "Still believe in Lies" * 2018 "Arvet"
- * * 2020 "Highs & Lows" * 2021 "Turning Points"

* Check out the tour schedule at www.mattiaslies.com for gigs, streaming sessions & further updates!