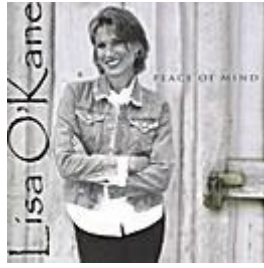


## Mp3 Lisa O'kane - Peace Of Mind



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Acoustic-centered, mountainy country, with crystal clear vocals ranging from lyrically sensitive ballads to a hard-hitting blues waltz making it an album to be reckoned with. 14 MP3 Songs COUNTRY: Country Folk, COUNTRY: Traditional Country Details: There is an iron fist beneath the velvet glove that Lisa O'Kane presents to the world. In addition to O'Kane's obvious talents, there is a steely resolve and a heartfelt determination lurking behind her pretty face. These admirable traits are what drove Lisa to worldwide acclaim with her freshman release, AM I TOO BLUE, and drive her daily to better herself. There is no false show-biz bravado to O'Kane. She is delightfully down to earth, easy to talk to, caring and warm. This is a lady whom men would love to take home to their mothers and whom other women would love to have as a friend. She shrugs off these accolades, attributing her casual manner to her upbringing in the lovely Yosemite Valley. Lisa herself could easily be compared to that magnificent place - she is a natural beauty, with a face as memorable as the high country peaks and a voice as soothing as the wind in the giant Sequoias. Tall and slender, she brims with an almost palpable energy and resonates with a positive outlook. When asked what she considers her biggest achievement, the California songbird replies, "I'm a good Mom to my two daughters. They get a lot of attention from me and I think that's really important for children at any age. It creates a conflict, though, with my career, and it's a juggling act that never ends," she says. Fortunately for all, it appears that neither the children nor the career have suffered, as her girls and her career are both flourishing. This citified "country girl" returns to her birthplace (Fish Camp - population 36) every summer. These sabbaticals are shared with friends and their children and Lisa is always the first to show a newcomer the ins and outs of hiking, hopping stones and finding cool treasures. "It's a different world up there," she says. "There are very few people. It's a very simple life and I've tried to hold on to the values that I learned growing up there and to instill those

beliefs in my children as well. I try to learn something new everyday and I try hard to be a good person, too. I'm also learning to be a pretty good songwriter," she says with a laugh. Fresh from the studio where she has just completed her second album, PEACE OF MIND, the levelheaded beauty is recouping her energies and preparing for another European tour. "I wrote five of the songs on this project," she says. "My favorite is 'Peace Of Mind.' I really felt like I had come into my own when I heard that song played back in the studio. It wasn't my vocal performance so much as the track as a whole. It was more satisfying than anything I've ever done besides having my children. This is a very personal album, but I think people will be able to relate to most of the material. And, that's what means the most to me: getting to the heart of the people." There is a vibrant presence to PEACE OF MIND that was only hinted at on Lisa's 2002 debut CD, AM I TOO BLUE. There is a strong identity to the vocals and Lisa attributes this to two things: "That I wrote some of the material changed my perception," she says, "And the fact that I've been performing so frequently." Also key was Lisa's constant input and supervision of the project. "I chose the musicians and all the songs. I was at the studio for every note that was played and every mix that was done," says O'Kane. "I've learned a lot since my first record. I've put a lot of that knowledge into this CD. The results are an outstanding collection of songs sung by a true artist. O'Kane handles the uptempo numbers with blazing confidence and treats the ballads with a strong, yet gentle hand. Comprised of fourteen tracks, the CD runs the gamut from Bluegrass to Roots to Gaelic-influenced songs - nowhere does it miss a beat. The title track, "Peace Of Mind," offers a great vocal interpretation of an impressive lyric and the track features brilliant piano accompaniment and competition-quality finger-picking guitar. The message matches the song's dynamic build and it's no wonder that this is O'Kane's personal favorite. A remake of the bluegrass classic, "Foggy River" is given a modern-day twist with primal-sounding drums and a haunting fiddle. Lisa's alto vocals lend urgency to the angst-filled lyric and the result is a remarkable twist on the genre. The poignant "A Room Up For Rent" features a sparse track highlighted by O'Kane's delicate vocal. The analogy between a room for rent and room in the heart makes for a great story. "Coercion Street" is a slow tempo look at life's adversities. A gritty insight into the struggle for self-awareness, the song is an unusual choice for a female vocalist, but one Lisa handles with aplomb. The disc's finale, "Highland Ground" offers a complete departure from the modern-day world. An Irish whistle weaves its magic throughout the track while the lyric transports the listener to the Emerald Isle. A heart-rending tale of a loved one's passing, the song casts a spell that is hard to shake. Lisa

O'Kane's talent and strength have gotten her to where she is today. Her remarkable resilience and enormous energy will surely keep her at the forefront of the Roots music scene. In the short time since her debut project was released, Lisa O'Kane has grown as an artist, songwriter and individual. She is a remarkable woman, riding high on the glory of self-discovery and self-fulfillment. It has been an honor to watch her climb this mountain.

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