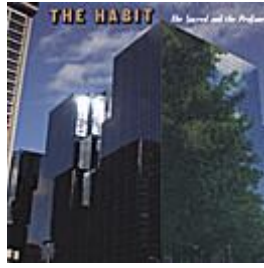


# Mp3 The Habit - The Sacred And The Profane



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Soulful indie-folk 12 MP3 Songs POP: Folk Pop, FOLK: Urban Folk Details: The Habit is pure mean bliss, cut with a little grit and trace amounts of sweetness. There are quiet hooks embedded. No matter the level of warning, many find it difficult to resist (4 vocalists can be persuasive). If in the end you choose to partake, be careful. The percussion can provoke nodding of the head, the guitars soft rushes. There have been reports of the violin causing bleeding. The horns have repeatedly made listeners, well, horny. Even a small dose has been known to affect cognitive ability and short-term memory; some users forget about everything except what is going through their speakers. The Sacred and The Profane is the first full-length album from The Habit. Almost two years in the making, and recorded at locations around Ottawa, the album follows on the critical success of The Habits 2004 EP The June Sessions. TSTP includes the song Fighter, named one of the top 10 singles of 2006 by the Ottawa Citizen. The song was released as a message to Canadas Prime Minister in support of same-sex marriage rights. It was quickly picked up by websites and newswires around the world, and within a week had been translated into Spanish, German, Flemish and Japanese. Fighter introduced The Habit to a global audience, best captured by Chart Magazines declaration: People around the world are acquiring a new Habit. TSTP also contains the song Believe Me, on which The Habit shares co-writing credit with Jim Cuddy and Greg Keelor of Blue Rodeo. The Habit has been named one of the capitals top up-and-coming bands by various outlets. Their live shows have become known for their equal parts energy and intimacy as the Ottawa Citizen notes: "Hot sounds, great lyrics, and that notorious It factor...The Habit throws a hip-shaker of a party with every show." Prepare for The Habits hooks and harmonies to create addictive appreciation in a soul near you.

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