

## Mp3 Teddi - And The Winner Is... Teddi



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A versatile blend of rock songs with catchy riffs and power ballads with hooky melodies, a touch of jazz and a hint of blues, peppered with a folky sound reminiscent of Joni Mitchell, the album makes for a captivating listening experience. 15 MP3 Songs POP: Today's Top 40, EASY LISTENING: Soft Rock

Details: Teddi literally just stepped into singing and songwriting in mid-2003 while trying to help her niece, who was an aspiring musician in Canada, get started with her music studies. In the process of researching online courses in music and songwriting for her niece, she became interested in trying her hand on songwriting. Teddi had always written from a very young age, starting from poetry, to short stories, and after having her own children, she also wrote a children's book. It just seemed natural to progress to songwriting. It all started with the loss of a baby in June 2002. Family responsibilities left no space to grieve. Bouncy by nature, Teddi found that everyone expected her to continue her daily routine with nary a ripple. It would be a year after that loss that she was able to finally express that grief, in writing, giving birth to what would turn out to be the very first song she writes. The song "A Lesson For Me" is an almost theatrical yet relaxing, jazzy concoction that invites you to take time out, find a comfy chair, put your feet up and just chill out with, perhaps, a glass of wine in your hand. The year 2003 was a sea of change for Teddi. The events in her life at the time provided a lot of material for songwriting, creating a timeless selection of songs about the crises of self-identity, unrequited love, the pain of separation, the loss of a loved one, and the call to triumph over adversity. In her song "Say Goodbye" Teddi sings about the dissatisfaction and discontent people experience in relationships that have been neglected. A power ballad that tackles the thoughts and emotions that are often left unsaid in relationships, it is difficult not to get caught up in the emotion of the song. Then came "I Am Free", Teddi's own "declaration of independence". This bluesy number sings about a woman realizing she is caught in

an unhealthy relationship, finding her strength and getting up the courage to free herself from it. This song has so much attitude, you just can't help but cheer for her. "You Are The Universe" is a positive uplifting song about dreaming a dream, having the courage to be yourself and taking action to make your dream a reality. It was written as much as a song for her own children as a form of self-talk for Teddi. Having grown up in an environment where there was much negativity, as well as feeling discontented with the quality of music that is available to young people, Teddi wanted a song that her children can listen to which would inspire them to dream big and give them the courage to take action. In producing this album, Teddi personified her own lyrics to the song. In keeping with that concept, Teddi went on to write another inspirational pop rock titled "Only What You Think". It is a tribute to one of Teddi's greatest role models, who did an inspirational and motivational talk on the same subject, and whom Teddi heard speak at a seminar. The song works on the powerful concept that we are what we think. A music video for this song has been filmed, for release in November 2004. Of course, the album won't be complete without a song about falling in love! This all-time favourite concept is tackled in Teddi's songs "Inside My Mind", an interesting blend of country, folk and pop, and the groovy, catchy sound of "If Only". One only has to listen to these songs to understand the depths of human emotions where love is concerned. The songs speak for themselves. Needless to say, Teddi wouldn't be Teddi without hinting that she is a Mum! Awoken one morning by the sound of her youngest child calling out to his father, Teddi heard the beginnings of a new song which would later be called "A Song for Jordy". The song wouldn't leave her head all through breakfast and by the time she was ready to leave the house to go to the recording studio that morning, the song was complete. If you have ever loved a child, this song will touch your heart. "How Long Is This Journey" is a song about the forgotten and often misunderstood people in the throes of depression, a subject that is often avoided in conversations because it is not easy to understand. It makes one stop and think about the preciousness of life itself. Her choice of song covers, "I Want To Break Free" by Queen, and Helen Reddy's "I Am Woman" complete the story of Teddi's journey of self-discovery, empowerment and the eventual result of winning her "self", thus explains the first album's impressive cover photo. And finally the song "On My Way", written by Teddi's niece, Carmela Antonio of Canada, the song that says it all: "I have a lot of dreams I want to share I have a lot of fears but I don't care Driven by my passion, strength and faith You know, I'll be on my way....". And that she is! Check out her website: [teddi.com.au](http://teddi.com.au)

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