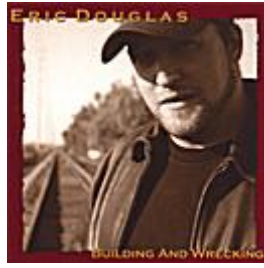


## Mp3 Eric Douglas - Building And Wrecking



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If Jack Johnson had his ass kicked by Johnny Cash, he'd sound like Eric Douglas. 10 MP3 Songs FOLK: Modern Folk, ROCK: Acoustic Details: The music is straightforward - listeners have said the songs are "sincere and honest to the core", and "make me think and reflect about life". "Eric is a songwriter who writes with his whole self. He has an amazing ability to make the simplest lyrics about his personal experiences make you think about bigger universal questions of life and love." "Like an artist with a brush to canvas", Eric's lyrics are "haunting yet beautiful", set to "solid guitar playing". ---- Building And Wrecking is Eric's debut CD of 10 original songs. Set up like a record album, it's divided into two "sides" - 5 songs that represent "Building", and 5 that represent "Wrecking". There's even the sound of an old record player flipping the record over in between. On the first "side", determination, pride and family are central themes. These characters know where they're at, and hopefully where they're going. In "Arizona Falls", the narrator plants his foot firmly on the ground, even after getting "a little beaten up, more than just a little broken down". In "Too Fast", he's just trying to savor each moment, knowing that at least for now, he can leave his troubles behind. Flip the record over, and everything falls apart. "The Darker Side" introduces the darker side of this CD with slow, pounding drums and modal guitars. There's a religious overtone to this one, as the singer recognizes the darkness in all of us. In "Face To Face", he looks at his former self in the mirror and doesn't like what he sees. "Goodnight" - or is it goodbye? - features a haunting violin melody, with a surprise ending. On the title track, our narrator throws in the towel and ends up pretty much where he started - covered in the desert dust, only this time not so sure he'll be back on his feet anytime soon. Building And Wrecking was recorded in late 2006, and features guest performances from Arizona musicians. Thomas Laufenberg, of popular local bands Ghetto Cowgirl and The Pistoleros, steals the show on Arizona Falls, and comes back to close it out on the title track.

Mandolin player extraordinaire Donny "MandoMan" Russell sweetens "Heartland" and "Too Fast", and guitarists Scott Howard (Tramps Thieves), Keith Perrillo, and Jason Messer lend their flavor to one song each. Eric plays bass on some of the songs, and local bassist David Gould lays it down on some. Violinist Aura Poulsen adds a distinct flavor to three of the CD's tracks, making for an album that is equal parts rock, folk and Texas country.

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