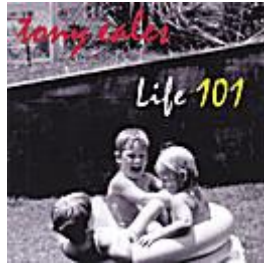


## Mp3 Tony Eales - Life 101



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A melting pot of emotion and style, this is a timeless album that will still sound fresh in 20 years, sure to be a classic 12 MP3 Songs COUNTRY: Country Rock, ROCK: Folk Rock Details: If anyone could be granted the credibility to produce an album titled "Life 101" it would be Tony Eales, and this is just what he has done. Drawing on what can only be described as an eclectic, sometimes tragic, but infinitely interesting life, "Life 101," the debut offering from Brisbane-based singer/songwriter Tony Eales, is a solid collection of engaging pop songs, worthy of air play both here and internationally. Eales' story is not just interesting, it's arresting! Following a tumultuous childhood, peppered with self-doubt, a family bankruptcy, and subsequent upbringing by his grandmother until school age, he took the line of least resistance and became a chippie in the heady days of Brisbane's mid-80s renaissance. He excelled as builder, but his passion was motor sports and it was here that a lifelong affair with the track was born. Being no stranger to speed (having been a junior motorbike champion as a youngster), there followed a dazzling stint on the Speedcar circuit, notching up some spectacular wins. With a yearning for travel, Tony took flight to the States where, due to his intimate knowledge of performance engines, he snagged himself a plum job as a mechanic on the Superbike series. What was intended as a nine week reconnaissance turned into a 4 year long rollercoaster which variously involved getting married, starting a business and hatching some offspring! In between all this, Eales also managed to become a swim coach of some renown...just for something different! After returning to Australia at the end of 1993, Tony continued his love affair with fast cars, methanol fumes and dirt tracks. Tony became heavily involved in the Brisbane Litre Sprintcar Racing Association before moving on to a position as Chief Steward for the Queensland Sprintcar Series under the MSAQ banner. Tony Eales is a big, affable, Aussie boofhead when he wants to be, but equally comfortable with the spiritual, sensitive artist image evoked by this latest

album. Eales razor sharp wit and ribald commentary has made him a regular guest on Briz 31 panel show Mind Your B's and Q's and his relaxed delivery and amazing life experiences has Tony in constant demand for radio interviews both Australia and worldwide. The first single to be released off Tony Eales "Life 101" album was the World Series 2005 Anthem "Sprintcar Superstars." The subsequent promotional tour with WSS across the country helped to make "Sprintcar Superstars" one of the most requested videos on the Country Music Channel. Sprintcar Superstars is also the official anthem of Fox Sports program Checkered Flag. Tony's record company, Trinity Records, in association with Hillcrest Music NFS Publicity, released the second single off the Tony Eales "Life 101," "Ain't No Stopping This Heart," Friday March 12th via 550 country radio stations in 26 Countries. The song raced up the world charts to reach a high point of #128 on the World Top 200 Airplay chart. The video clip was filmed in Brisbane March 22nd and went to air on CMC across Australia Mid April. Tuesday April 12th saw the release of the "Life 101" radio special CD. The 4 single CD carries the tunes, "Ain't No Stopping This Heart," "Midnight Sun," "All Alone" and the haunting ode, "Caroline." It will be added to many contemporary play lists around Australia over the next two weeks. "Life 101" - a collection of poignant songs celebrating a life of extraordinary diversity, has Tony Eales teetering on the precipice of celebrity and will no doubt see him making it big in yet another field...as if all the rest weren't enough!

+++++ Message from Tony My goal with this album was to write songs that are fun for you to listen to, inspire you, and reveal a deeper understanding of our life's journey each time you hear them. I endeavored to write songs that had a strong message, whilst not being too spiritual, you would connect with. So whether I have accomplished that is something for you to judge. "Life 101" encapsulates what I believe to be the basic life lessons. It is often not until we sit and review with hindsight what we know, that we realise just how much we have learned. The greatest gift I can give to each of you is my life's experience, without the pain that came from my journey. This is what I have tried to create with the album. I hope that through my music you are able to be empowered. This album has created for me an amazing environment to learn about myself. To work through my fear of showing the world my true essence. My lesson from this project was to give from an open loving heart and to have a meaningful voice. Most people would tell you that I have always had a very big voice that I am loud and boisterous and that can be true. But over the past five years I have learned an excruciating lesson, how to have a real voice, one that expresses my inner most feelings and

emotions and a quiet loving voice with which I truly connect to people. It is through relationships that we learn the most about ourselves, our needs, our desires and how to love without judgment. In relationships I have made some horrible choices, inflicted enormous pain on people I loved and created havoc in my life. I am glad it was not in vain for I have learnt, learnt to love honestly and without condition and learnt to accept nothing less for myself. For me, the most inspiring passage on this album is from its title track: "I wanna ride on the edge of life Reach up high and touch the sky Find the truth of misery Break its neck and set it free I wanna sleep with angel wings Wrapped around my earthly body Live my life with open arms Embraced by life 101" If each of us could find a way to live in our own truth, to be responsible for our own lives and to love unconditionally, we could heal this planet in an instant. For all of us everyday things happen: both "good" and "bad". We like to take credit for the good things, but chose to look for someone other than ourselves to be responsible for the bad; all that creates is a victim. For me "Victim" is probably the nastiest word in the English language, because it is the most disempowering word there is. If you feel connected to, or inspired by this album, then I will be a very happy man. This is my gift to you.

Tony

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