



ECLECTIC SOUL MUSIC

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# PRESS RELEASE

## Me & Ms Jacobs - Walking With My Shadows

Künstler: Me & Ms Jacobs

EP: Walking With My Shadows

Label / Vertrieb: flowfish.records / Broken Silence

Veröffentlichung: 20. September 2024

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Labelcode: 12011



**“The safest place is where people love your shadows.”**

With “Walking With My Shadows,” the band MMJ presents an honest and authentic collection of seven original compositions. Songs about heartbreak and loneliness, but also about new beginnings and friendship, form the underlying tone of the group on the new EP, without losing their renowned 70s vintage sound: the healthy mix of melancholy and rock 'n' roll is now more serious and darker; it has matured.

On the lead single “Good Things End,” dub/ska sounds mix with genuine soul. This soul can also be felt in songs like “Home In Heaven (Part 1),” this time with a substantial dose of roots rock à la Fleetwood Mac and The Band. Genres like blues and jazz are also touched upon in songs like “Clockwork (Isn’t It Crazy?)” and “Fade Into The Wine.” All this is refined by the special something that the band probably achieves only through their talent, the coming together of the seven different nationalities of the members, and the energy of frontlady Ms. Lina Jacobs.

“Walking With My Shadows” also processes the turbulent past years marked by lineup changes, drug abuse, and a near-death experience. The EP is therefore to be understood as a concept album, as a journey from isolation and subsequent alcohol addiction to the desire to finally find peace and inner tranquility through letting go.



“Fade Into The Wine”, Photos by Niloufar Rezaei

On September 6, 2024, MMJ will release their single “Good Things End,” which fittingly swims with sunny sounds and a characteristically danceable middle section between old-school nostalgia and new energy for their music. The complete work will then be released on September 20. MMJ recorded the demos with the label Dungeon Radio Club Studio (Fran) and the songs with Musikzentrum Hannover. The mixing and mastering were also done there.

Elaborately shot music videos for each song on the EP, which - like the music itself - revolve around the concept of exploring the darker sides of human life, will be available on YouTube. With powerful and danceable but also fragile moments, Me & Ms Jacobs embrace life in all its facets in their new work “Walking With My Shadows”: it's about recognizing and accepting the shadows each person carries within themselves to move forward stronger than before with them by their side.



“Good Things End”, Photos by Niloufar Rezaei/ Mehdi Amiri

## Dates:

- 06.09.: Release Lead Single “Good Things End” and support for “Godots” at Café Glocksee Hannover
- 13.09.: Release Music Video “Good Things End”
- 20.09.: Release EP “Walking With My Shadows”
- 27.09.: Release Music Video “Clockwork (Isn’t It Crazy?)”
- 04.10.: Release Music Video “(You Don’t Know) What Love Means (To Me)”
- 11.10.: Release Music Video “Fade Into The Wine”
- 18.10.: Release Music Video “Loneliest Days Are Gone”
- 26.10.: Release Music Video: “Home In Heaven (Part 1)”

For the EP, Lina Jacobs produced six music videos in collaboration with Mehdi Amiri (camera, video editing), Niloufar Rezaei (creative direction, costumes/set design, camera), and Heide Haronska (photos “(You Don’t Know) What Love Means (To Me)”) that describe the band's journey with its sunny and shadowy sides. For “Good Things End,” the band worked with choreographer and dancer Lisa Gassner. The video for “Clockwork (Isn’t It Crazy?)” was partly created at photographer Sven Brauers' Fössestraße Studio.

## About

Link to the songs and all press downloads: [Google Drive](#) und [SoundCloud](#)

Album Preview: [Walking With My Shadows](#)

Single Preview: [Good Things End](#)

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“(You Don’t Know) What Love Means (To Me)”, Photos by Heide Haronska