

Electronic Press Kit

7 Days In Alaska
«Love Me Hate Me EP»



ARTIST:

7 Days In Alaska

TITLE:

Love Me Hate Me

LABEL:

MTG Music

GENRE:

Pop/rock

7 DAYS IN ALASKA:

From demos to a personal invitation to do a studio session with Grammy winner Nathan Dantzler in his L.A studio «The Hit Lab», placement on iTunes top 10 (Norway) and play listing on Norway's biggest broadcasting radio station of the debut single «Us Against The World», we have 7 Days In Alaska. 7 Days In Alaska is Martin Bjerke, Christer Gundersen and Lars Takla.

Inspired by the childhood heroes from U2 and Muse, 7 Days In Alaska presents pop/rock with energetic elements like guitar riffs, playful synth melodies, drifting vocals with catchy hooks and majestic drums that builds upon a epic sound.

Now signed to Kickstart and MTG Music, 7 Days In Alaska have spent the last year touring in Norway, while recently finishing their debut album with producer Nathan Dantzler and «The Hit Lab» in Nashville.

LOVE ME HATE ME:

7 Days In Alaska is out with a brand new EP which include 4 songs where they sing about topics that might be a bit taboo to talk about in todays society.

«Us Against The World», «Hey Girl» and «Love Me Hate Me» are powerful up-tempo pop/rock songs and the last track on the EP is the ballade «Marielle».

Us Against The World:

The first song 7 Days In Alaska released, and a song they wrote mainly for their own benefit. Martin sings about trying to creating something great from nothing, whether it to be constantly moving forward, even when things might be though at times. Starting as a new band in the music business can be a thought fight and it's not easy to break through when no one knows who you are. The band don't want the song to have a predetermined meaning, as the lyrics also could represent love, family, dreams or whatever you think is worth fighting for.

Love Me Hate Me:

«Love Me Hate Me» is a statement to people that judges everybody. It's about not caring what others think is the right choice for you, and that you should trust and respect your own choices and wishes. 7 Days In Alaska thinks that there is too many standards and rules for what to do and not to do in todays society

«When we decide what's the best for our owns sake, it doesn't matter what other people feel about it - even though it's nice when other people support you. We both hope and believe that many people can relate to the feeling of pressure from others in our choices» - 7 Days In Alaska

Hey Girl:

Christer and Martin where in the studio when talking about role models and ideals when they came up with the lyrics. The lyric tells the story about how the society has high expectations and puts pressure on especially the girls. Everyday we get affected by social media on how we should look, behave and generally how to be the ideal person. Often does this result in low confidence and poor self image, that makes people seek confirmation from anyone.

«So the song is a shout out to all the girls, just to say, Hey Girl you are good enough as you are!» - 7 Days In Alaska

Marielle:

A very personal song written by Christer, the band's guitarist. When his younger sister abruptly passed away, his world fell apart. He wrote the song in memory of her. Unfortunately there are many people who can relate to these feelings and the band hopes that the song may help others to remember the good times and appreciate the time spent together.

LOVE ME HATE ME ON SOUNDCLOUD:

<https://soundcloud.com/kickstart-management/sets/7-days-in-alaska-love-me-hate/s-BoXpr>

CREDITS:

Us Against The World:

Written by: Ole Martin Bjerke and Christer Gundersen.

Vocals: Ole Martin Bjerke

Guitar: Christer Gundersen

Bass: Mugisho Nhonzi

Drums: Lars Takla

Keys: 7 Days In Alaska

Backing vocals: Ole Martin Bjerke and 7 Days in Alaska

Produced by: Tre Sheppard

Mix by: Tre Sheppard

Co produced by: 7 Days in Alaska

Master by: Nathan Dantzler

Hey Girl:

Written by: Ole Martin Bjerke and Christer Gundersen.

Vocals: Ole Martin Bjerke

Guitar: Christer Gundersen

Bass: Mugisho Nhonzi

Drums: Lars Takla

Keys: 7 Days In Alaska

Backing vocals: Ole Martin Bjerke and 7 Days in Alaska

Produced by: Tre Sheppard

Mix by: Tre Sheppard

Co produced by: 7 Days in Alaska

Master by: Nathan Dantzler

Love Me / Hate Me:

Written by: Nathan Dantzler, Riley Friesen, Ole Martin Bjerke, Christer Gundersen and Mugisho Nhonzi.

Vocals: Ole Martin Bjerke.

Guitar: Christer Gundersen
Bass: Mugisho Nhonzi
Drums: Christer Gundersen.
Keys: 7 Days in Alaska.
Produced by: Riley Friesen.
Co produced by: 7 Days in Alaska and Nathan Dantzler.
Mix by: Nathan Dantzler.
Master by: Nathan Dantzler

Marielle:

Written by: Christer Gundersen.
Vocals: Ole Martin Bjerke.
Guitars: Christer Gundersen.
Bass: Mugisho Nhonzi.
Drums: Christer Gundersen.
Keys: 7 Days in Alaska.
Produced by: Riley Friesen.
Co produced by: 7 Days in Alaska and Nathan Dantzler.
Mix by: Nathan Dantzler.
Master by: Nathan Dantzler

CONNECT WITH 7 DAYS IN ALASKA:

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