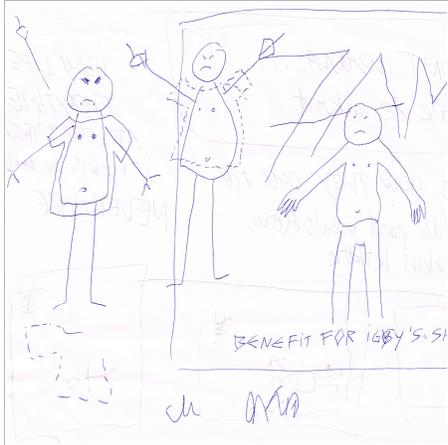


**Label:** Pigpower  
**Format:** Vinyl, CD, cassette, digital formats  
**Release date:** 10<sup>th</sup> October 2019  
**Artist:** 7AM  
**Title:** Benefit for Iggy's shirt



### Tracklist

#### Album streaming

1. **Ugly Life** (single)
2. **Everytime** (single)
3. It Hurts So Bad
4. I Took What's Mine
5. **Nothing Left To Say** (single)
6. At Least I Tried
7. Nevermore
8. Waste Of Time
9. Your Opinion
10. I Can't Believe
11. I Don't Wanna Live Like That
12. That's How They Call Me



### Info

#### Contact:

[koolthingspromotions@gmail.com](mailto:koolthingspromotions@gmail.com)

#### Pre-order:

<https://sevenam.band.com/contact/>

## 7AM

### *Benefit for Iggy's shirt*

“Be **dirty**”: one of the most famous Brian Eno 'Oblique Strategies' went like this, and Slovenian alternative outfit 7AM seems to have made it their first commandment. In a world that wants the surface to be manically clean, the production of their new album *Benefit for Iggy's shirt* is as dirty as a record can be, and it perfectly works.

Their style makes immediately think of a **jam between J Mascis, Kim Gordon and Steve Shelley**, which is a real pleasure to hear for any good old alternative rock fan.

Though they're no stranger to **catchy pop melodies**, which seem to naturally spring here and there in the songs, giving birth to a perfect balance with the dirt.

Deeply rooted in the **punk DIY ethics**, the band has gained a consistent live experience after **two long EU and UK tours**, with over 70 concerts.

*Benefit for Iggy's shirt* is their first full length album as a trio, and it's going to be self-released (like their previous releases) on the band's label Pigpower.

7AM is a three piece band consisting of founding members Anabel - bass, vocals and Mico - guitar, vocals, later joined by drummer Davor. The band has released two albums, *Bonus track* (2016) and *7AM* (2018).

Everything concerning 7AM is organized and done by themselves, from hand printing t-shirts to organizing the tours.

Regarding the process of recording, the band says “it was closer to painting a big canvas than to recording a music album. Last second spontaneous arrangement changes, adding vocals where they were not supposed to be, improvising solos and other guitar parts, overdubbing drum fills, changing main vocal lines, adding cheap synth sounds and so on and on”.

They decided to trade “the perfect sound” for this creative process. The album has been arranged, produced, recorded and mixed by the band itself in one little room on their 7AM farm in summer of 2019.