

stone age man

FOR IMMEDIATE RELEASE

Wakefield QC band STONE AGE MAN release *Handbook for the Recently Chaotic* - the long awaited album of music and companion book

2 DECEMBER 2020 , Wakefield QC – Maverick, genre-bending, **Stone Age Man** return after a 2-year hiatus to release *Handbook for the Recently Chaotic*, a multimedia project exploring chaos during the most chaotic time in recent memory!

“Stock up the bar and fire up your sound system. You are now entering the Chaotic Zone. Please place all hang ups in the bins provided. You may stow your sense of normalcy in the overhead compartments. An attendant will be by shortly to provide cryptic answers to your questions. Have a nice flight.”

The album of music *Handbook for the Recently Chaotic* explores modern themes while forging a bold new path that embraces musical influences from far and wide. Dark pieces (*Disinfo-Nation* and *The Dark Machine*) are balanced out by the absurd (*Sweet Love*) and the fragile (*On a Nickel and a Dime*). Chaos is never far away (*Shovelling Coal into Steam* and *Been Down So Long*) but there are still safe places for you to land (*Home*). For all of the craziness around us (*Hard Times*), there are still good people trying to do good things (*Shine*); seek them out, they need our help.

In an odd twist of fate, just as Stone was wrapping up an album of music *about chaos* and how we cope with it, he like everyone in early 2020 was thrust into it.

“And so it was during this crazy year with conflicting concerns and feelings of uncertainty about the future, I chose to create a handbook as a companion to the album – something real to hold in your hands and flesh out the world of Stone Age Man,” said Greg Paul Stone, Stone Age Man’s creator.

“With no possibility of live shows, an album launch was out of the question, so I decided to expand on the themes contained in the music in a format that works for people stuck at home. The book explores the many faces of chaos and its effects on people; the stranglehold of big tech, social unrest around the globe, political insanity and financial insecurity. For all of the weight of these themes, the through line is humour and heart with a simple philosophy of love for your fellow man.”

The book captures musicianship, poetry, process, angst, humour and hope as it takes us forward, backward and even in circles through the confusion that is life in 2020.

For each song on the album there are creative reflections, song lyrics, studio and songwriting notes and even a cocktail pairing! Some parts are serious, some light-hearted, some a bit of both. There are even puzzles hidden throughout the book!

Stone Age Man are a fun and eclectic Canadian band from Wakefield, QC led by Australian songwriter and art rock provocateur Greg Paul Stone.

With tinges of outsider folk, rock and cabaret, their broad, timeless sound makes Stone Age Man the ultimate musical changelings; dynamic, surprising and always entertaining.

Handbook for the Recently Chaotic is available exclusively at StoneAgeMan.ca

Greg Paul Stone 819 209 4556

GregPaulStone@gmail.com

StoneAgeMan.ca

-ends-