

## The Good – Press Release

You know when the cure seems worse, seems like more trouble than just living with the pain? When the cold and dark outside are no match for the oddly warm comfort of the darkness inside your head? Dreams and brief flashes of clarity are wake-up calls, showing you the official trailer for a you that you know is within reach. You know it. But goddamn, your arms weigh 1,000 pounds, your legs are made of chewing gum, and reaching for anything other than the closest, most familiar gratification or distraction feels like all you can manage before crawling back under the covers. Groundhog Day. Every day. And you wonder why.

Laura Carbone's new single "The Good" is a document of our puzzling capacity for denial, not just of truth, but also of the embrace and love we owe ourselves. In the song's epic, hymnal setting, she channels a message of support to ease another's pain and fatigued lethargy, crystalizing how we stubbornly cling to that which most cripples us. There's no judgement, no pious condemnation of the curious guilt we're so eager to saddle ourselves with. Only an objective, empathetic revelation, sung from the heart, of how we tend to run away from our own inner truth.

*"For a long time, I thought that dreams were my personal path to communication with the spiritual world. 'The Good' is inspired by a first channeling experience for another person - the song, as well as the message, came to me in a dream. Our dreams can be a key to our inner world, to the subconscious, which often holds very clear answers to our questions - if we give it that space. Later, I learned that there are much more pleasant ways for people to channel and receive answers, and I strongly encourage everyone to dream their own dreams."* Laura Carbone

"The Good" is the fourth single from Laura Carbone's upcoming 13-song double-album, "The Cycle", set for release in April 2024. Produced by Laura and her band's lead guitarist Mark Eric Lewis, and mixed by Grammy award-winning mixer and producer Collin Dupuis (St. Vincent, The Black Keys, Lana Del Rey), "The Cycle" explores the emotional turmoil and triumphs a transformative experience brings for the protagonist, the heroine behind a concept album moving through the seasons of a year. "The Good" takes us into the darkest depths of the winter season, squinting to find the faintest rays of light and the hope, promise and renewed energy of the coming spring.

In keeping with "The Cycle", Laura and her band have released a new single every season since the spring of 2023 (<https://www.thecosmicdreaming.com/thecycle>) in anticipation of the album's release in the spring of 2024. Each single is representative of an experience or inspiration associated with that season and the story of our heroine personally, culminating then next spring with the release of "The Cycle".

"The Good" will be released worldwide on January 27th, 2024 on Cosmic Dreaming.