

# PROPHONE



## PCD286 – Drown to Die a Little - release 25 March

**Stína Ágústsdóttir – Voice, Mikael Máni Ásmundsson - Guitar and bells, Magnús Jóhann Ragnarsson - Piano and synths - Henrik Linder – Bass, Magnús Trygvason Eliassen - Drums and percussion Katie Buckley – Harp Geirprúður Ása Guðjónsdóttir – Violin, Þórunn Harðardóttir – Violin, Unnur Jónsdóttir - Cello  
Laura J. Liu – Violin**

Stína Ágústsdóttir is considered one of Iceland's best jazz artists and nowadays she's just as established in Sweden. She is known for her energetic live performances, not only in Scandinavia, but also in her previous home of Montreal. She has been nominated for the Icelandic music prize a few times, both for her album, *Jazz á íslensku* (Jazz in Icelandic, 2017) and for *The Whale* (2021). *Jazz á íslensku* has already become a classic in Iceland and has been used in Icelandic language lessons and is played frequently on the radio. Stína has been living in Sweden since 2011 and plays with artists such as Maz Schultz, Håkan Broström, Erik Söderlind, Simon Berggren, Henrik Linder, Joel Lyssarides and Kjetil Mulelid.

**Stína, herself, says about her album:** In 2016 I got seriously ill and needed to put my life on hold. I managed to get back on my feet, with the help of family and friends, and the music on the record is about this journey from darkness towards light. The songs reflect the many sides of a human being, both the pretty and the ugly, and that it's ok to be a mess and need help.

I've worked with guitarist and songwriter Mikael Máni Ásmundsson on two albums before and we continued the collaboration on this album. He helped me finish some of the songs and even wrote

new music to some of the lyrics I had. I reached out to a couple of other songwriters for collaboration, Maïa Davies and Jan Alexander.

I got a grant from Hljóðritasóður Rannís in Iceland for the album and we recorded at the legendary Sigur Rós studio, Sundlaugin, with the best band ever!: Henrik Linder on bass (Dirty Loops), Mikael Máni on guitar, Magnús Jóhann Ragnarsson on keys, Magnús Trygvason Elíassen on drums and Albert Finnbogason helped produce and mixed the album. We also had a string quartet and harp on a couple of tunes.

The first preview of the album is the song Body. Stina: I contacted Maïa Davies, a friend from Montreal, who now resides and works in Los Angeles as a singer-songwriter and producer, and asked if she would collaborate on a song that was a sort of a forgiveness to my body. She was very interested, and has herself dealt with a negative body image and issues related to that. I wrote down everything I've felt through the years, how I went from being a well trained ballerina, tormented with self-hate to being a strong and proud woman who loves her body in spite of everything. This song and the process from writing it to a finished recording has been extremely therapeutic for me. I have played the song live a few times and it really hits home for many people, especially women.



**Drown to Die a Little**  
STÍNA ÁGÚSTSDÓTTIR

- 1. Matemat**  
Song: Mikael Máni Ásmundsson  
Lyrics: Kristín Ágústsdóttir
- 2. Possessions of Grace**  
Song: Kristín Ágústsdóttir, Mikael Máni Ásmundsson  
Lyrics: Kristín Ágústsdóttir
- 3. Forest in Me**  
Song: Kristín Ágústsdóttir, Mikael Máni Ásmundsson  
Lyrics: Kristín Ágústsdóttir
- 4. Alone With Their Demons**  
Song: Jan Alexander, Kristín Ágústsdóttir  
Lyrics: Kristín Ágústsdóttir
- 5. Steinar**  
Song: Mikael Máni Ásmundsson  
Lyrics: Kristín Ágústsdóttir
- 6. Open Heart**  
Song and lyrics: Kristín Ágústsdóttir  
Arrangement: Mikael Máni Ásmundsson
- 7. Body**  
Song and lyrics: Maïa Davies, Kristín Ágústsdóttir  
Arrangement: Mikael Máni Ásmundsson
- 8. Shameless Nothings**  
Song and lyrics: Kristín Ágústsdóttir  
Arrangement: Mikael Máni Ásmundsson
- 9. Stay in This Heartbeat**  
Song: Kristín Ágústsdóttir, Mikael Máni Ásmundsson  
Lyrics: Kristín Ágústsdóttir

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**PROPHONE SWEDISH JAZZ**

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