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For Immediate Release

Anna Meredith Releases Video For “Inhale Exhale”

***FIBS* Out This Friday via Black Prince Fury**



“Inhale Exhale” Video Still

Anna Meredith will release her new album, ***FIBS***, this friday on **Black Prince Fury**. Today via **Vanity Fair**, she premieres the video for “**Inhale Exhale**,” which “*turns a car wash into a visual representation of the synth arpeggios and transcendent noises*” of the song. The video was directed by **Simon Owens** (LCD Soundsystem, Hot Chip, Caribou) and is Meredith’s first video that features herself throughout:

“I just love what Simon has done, he’s turned a car-wash into the most romantic, dramatic, glamorous, beautifully shot place imaginable and I am just blown away by the colours and shots he’s managed to get” says Meredith. *“I think the energy and movements of the car wash matches the track perfectly and as someone who spent a considerable amount of energy between the ages of 6-11 begging my dad to put our car through the car wash, filming this was the stuff of dreams.”*

Owens elaborates on the inspiration behind the video: “*Inhale Exhale*’ has this dichotomy of fast and slow — instrumentation pummels whilst Anna’s vocal slowly dances over the top, drama and soothing all at the same time. Somehow for me a car wash or in particular a mechanical car wash tunnel provided this wonderful conflicting orchestra and turned the car windscreen into a cinema. Water turns into fractal musical patterns, rollers turn into stage curtains and trained dancers. Moments of everyday reality incisively cut and chime whilst Anna for the duration of the car wash is simultaneously transported away and rooted to the (car seat) spot. A dog runs through, whose owner quickly follows, a couple embrace and kiss, brawling lads on their way home come in and out of vision, an ambulance follows, there’s even a Conga! Anna is Lord of the Car wash tunnel!”

FIBS is no “**Varmints** Part 2” — the rereading of old ground, or even a smooth progression from one project to another, just isn’t Meredith’s style. Instead, if anything, it’s “*Varmints 2.0*”, an overhauled and updated version of the composer’s soundworld, involving, in places, a literal retooling that has seen Meredith chuck out her old MIDI patches and combine her unique compositional voice with brand-new instruments, both acoustic and electronic, and a writing process that’s more intense than she’s ever known. Despite Meredith’s background and skills these tracks are no academic exercise, the world of FIBS is at both overwhelming and intimate, a journey of intense energy and joyful irreverence.

FIBS, says Meredith, are “*lies — but nice friendly lies, little stories and constructions and daydreams and narratives that you make for yourself or you tell yourself*”. Entirely internally generated and perfectly balanced, they can be a source of comfort and excitement, intrigue and endless entertainment. The eleven fibs contained on Anna Meredith’s second record will do all that, and more besides.

Watch Anna Meredith’s “Inhale Exhale” Video -

<https://youtu.be/05o1gMSEOLo>

Stream “Inhale Exhale” -

<https://www.youtube.com/watch?v=8Pb96be4B94>

Listen to “moonmoons” -

<https://youtu.be/o5p9DLkpQ28>

Watch the Video for “Paramour” -

<https://www.youtube.com/watch?v=yjmZLaymJU8>

Pre-order FIBS -

<https://annameredith.plctrmm.to/>

Download hi-res jpegs and images of Anna Meredith -

<https://pitchperfectpr.com/anna-meredith/>

Anna Meredith Tour Dates:

Thu. Oct. 24 - Lancaster, UK @ Lancaster Rooms (Somerset House) SOLD OUT

Mon. Feb. 3 - Leeds, UK @ Belgrave Music Hall

Tue. Feb. 4 - Manchester, UK @ Gorilla

Wed. Feb. 5 - London, UK @ Earth

Thu. Feb. 6 - Bristol, UK @ Trinity

Sat. Feb. 8 - Glasgow, UK @ Art School

Sun. Feb. 9 - Coventry, UK @ Arts Centre

Mon. Feb. 10 - Brighton, UK @ Old Market

Praise for *FIBS*:

“music for the head, the heart, the ass and the feet” – *NPR*

“sheer exhilaration” – *New York Times*

“Silly, striking and smart... Meredith in a nutshell” - *The Guardian*

“More ambitious than *Varmints*, *FIBS* is positively strewn with instruments, of both the acoustic and electronic variety.” - *The AV Club*

[Website](#) | [Twitter](#) | [Instagram](#) | [Youtube](#)

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