

February 18, 2021
For Immediate Release

IAN SWEET PRESENTS NEW SINGLE/VIDEO, "[SING TILL I CRY](#)"

**NEW ALBUM, *SHOW ME HOW YOU DISAPPEAR*,
OUT MARCH 5TH ON POLYVINYL**



Photo Credit: Lucy Sandler

"the mightiest music of her life" - [Pitchfork Rising Feature](#)

IAN SWEET - the musical project of **Jilian Medford** - presents a new single/video, "**Sing Till I Cry**," from her forthcoming album, ***Show Me How You Disappear***, out **March 5th on Polyvinyl**. Following a string of singles - "**Drink The Lake**," "**Dumb Driver**," "**Power**," and "**Sword**," "**Sing Till I Cry**," produced by Daniel Fox, is emotional and anthemic, crashing with percussion and guitar. The accompanying video, created

by Medford and **Will Duncan**, is made of eccentric collages of images and video clips of Medford, both present and past. “‘Sing Till I Cry’ encapsulates the aftermath of trauma and how your innocence feels like it’s been taken away from you,” says Medford. “You forget the simplest things, what it feels like to smile, how to see things clearly. This song prompts me to heal and rediscover that lightness of being. What gives you up? What makes you cry? What gives you love?”

[WATCH IAN SWEET’S VIDEO FOR “SING TILL I CRY”](#)

Mesmeric and kaleidoscopic, shimmering with electrified unease, *Show Me How You Disappear* is both an exercise in self-forgiveness and an eventual understanding of unresolved trauma. Medford’s third record as IAN SWEET unfolds at an acute juncture in her life, charting from a mental health crisis to an intensive healing process and what comes after. The inklings for the record began slowly. In 2018, Medford began writing while living in a “hobbit hole” back house in Los Angeles. Mentally she was in a dark place. By January 2020, following increasingly severe panic attacks, Medford began a two-month intensive outpatient program, including six-hour days of therapy. It yielded an unprecedented level of self-reflection for Medford, who already plumbs the depths of her emotions for her songwriting. She took a step back from music to completely immerse herself in the program, and once she felt ready to move on at the end of February, the rest of the songs poured out of her.

Recorded with **Andrew Sarlo** (Big Thief, Empress Of), **Andy Seltzer** (Maggie Rogers), **Daniel Fox**, **Will Van Boldrik & deadmen**, Medford approached this album as a curator. She handpicked the producers that fit each song, which explains the range and experimentation showcased. Medford then recruited **Chris Coady** to mix and tie everything together into one cohesive piece. The resulting record envelops both Medford and the listener like water: its ebb and flow, the ease with which it can switch from nourishing to endangering you. Fully immersive, with guitar lines as quick to sound grungy as they are to ascend to astral distortion, it’s a lush cacophony of experimentation. The cyclical nature of obsessive thought patterns shapes *Show Me How You Disappear*. It’s self-referential, each song in conversation with one another, tracing the same relationship and the desire to be an escape artist from your own life. Dizzying and enthralling, *Show Me How You Disappear* is the sound of someone coming apart and putting themselves back together — the moment an old mantra, repeated into the mirror time and time again, finally clicks. To look at your reflection, and finally feel seen.

[WATCH “DRINK THE LAKE” VIDEO](#)

[LISTEN TO “DUMB DRIVER”](#)

[LISTEN TO "POWER"](#)

[LISTEN TO "SWORD"](#)

[PRE-ORDER SHOW ME HOW YOU DISAPPEAR](#)

PRAISE FOR IAN SWEET

"its songs bring anxious, astral pop to bear on questions of what it means to have a healthy relationship with yourself and with own thoughts." - *NPR Music*

"the new Ian Sweet songs released since then (including 'Dumb Driver' and 'Drink the Lake') have a dreamy magnetism that makes us eager to hear where she goes next."
- *Rolling Stone*

"['Power' is] "a stripped-down celebration personal agency in isolation, a gorgeous vocal performance that builds into dreamy distortion and collapses into itself in unexpected moments of growth." - *Jezebel*

Musically, 'Power' is gentler than its title might suggest, with Medford singing over hazy acoustic verses. But for each chorus, a wave of distortion rises up beneath her — making its finale hit all the harder." - *Stereogum*

"['Dumb Driver' is] a shimmering dream-pop track that continues building as Medford mourns a broken relationship and repeats a plea for self-preservation." - *Uproxx*



Album Artwork

[Download hi-res images](#)

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<https://www.iansweetmusic.com/>

<https://twitter.com/iansweetweet?lang=en>

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