

July 14, 2022

For Immediate Release

IAN SWEET RELEASES *STAR STUFF* EP TODAY VIA POLYVINYL

WATCH THE NEW VISUALIZER FOR "DIE A MILLION TIMES"

NORTH AMERICAN TOUR KICKS OFF LATER THIS MONTH



Photo Credit: Christina Bryson

"Last year's *Show Me How You Disappear* was yet another arresting album by Ian Sweet, filled with sparkling guitars and emotionally-charged lyricism. [She] has now released her second track since the excellent album, in the beaming song, 'FIGHT.'" -

Uproxx

"Already slated to be the break-up song of the summer, 'FIGHT' encapsulates the anger, grief and frustration of trying to fall out of love." - *Paste*

"FIGHT,' [is] a blissful gust of dream-pop [...] a bittersweet delight" - *FLOOD*

Today, **IAN SWEET** (project of LA-based **Jilian Medford**), releases her new **STAR STUFF EP**, plus a visualizer for one of its tracks, "**DIE A MILLION TIMES**." Following the anthemic "**FIGHT**," "**DIE A MILLION TIMES**" is a whirlwind of playful percussion, emotive synth, and saccharine vocals. Its sound teeters on the edge of euphoric and melancholy, as Medford verbalizes not being able to move on from an ended relationship. "*DIE A MILLION TIMES*' is about being stuck in a negative thought loop that you know you could escape from if you really tried but you're not willing to let go yet," says Medford. "*A thought loop that is so painful and destructive to your brain but yet you want to keep replaying certain memories over and over. I was living in a fantasy world about a relationship that didn't end up working out and kept inviting in the thoughts and memories that I knew would continue to destroy me but I wasn't ready to move on from them yet in order to help myself.*"

[WATCH IAN SWEET'S VISUALIZER FOR "DIE A MILLION TIMES"](#)

Later today, IAN SWEET's Jilian Medford will appear as a guest and performer on Tim Heidecker's Office Hours show, which can be viewed [here](#).

Later this month, IAN SWEET will kick off a **North American tour** in support of *STAR STUFF* and her critically acclaimed album **Show Me How You Disappear**. Tickets are on sale now and a full list of dates can be found below.

[WATCH THE "FIGHT" VIDEO](#)

[STREAM "FIGHT"](#)

[PURCHASE STAR STUFF EP](#)

STAR STUFF EP TRACKLISTING

1. FIGHT
2. DIE A MILLION TIMES
3. STAR STUFF
4. FIGHT (DAGR REMIX)

IAN SWEET TOUR DATES

Sun. Jul. 24 - Seattle, WA @ Capitol Hill Block Party
Wed. Jul. 27 - New York, NY @ Baby's All Right #
Thu. Jul. 28 - Philadelphia, PA @ Johnny Brenda's #

Fri. Jul. 29 - Washington, DC @ Songbyrd #
Sun. Jul. 31 - Boston, MA @ Brighton Music Hall #
Mon. Aug. 1 - Montreal, QC @ Bar Le Ritz #
Tue. Aug. 2 - Toronto, ON @ Baby G #
Thu. Aug. 4 - Chicago, IL @ Sleeping Village #
Fri. Aug. 5 - Milwaukee, WI @ Colectivo #
Sat. Aug. 6 - Minneapolis, MN @ 7th St Entry #
Mon. Aug. 8 - Omaha, NE @ Reverb Lounge #
Tue. Aug. 9 - Kansas City, MO @ Record Bar #
Thu. Aug. 11 - Denver, CO @ Larimer Lounge #
Fri. Aug. 12 - Salt Lake City, UT @ Kilby Court #
Sun. Aug. 14 - Phoenix, AZ @ Valley Bar#

#=w/ Bnny

PRAISE FOR *SHOW ME HOW YOU DISAPPEAR*

“*Show Me How You Disappear* scales heights and punches the air upon reaching them, and the best songs swell in your chest like prime-era Broken Social Scene.”
- *Pitchfork*

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

“*Show Me How You Disappear* aims for the cosmos but lands in an indie-pop Twilight Zone, spinning a web of confessional lyrics, distorted riffs, and glittery hooks.”
- *Rolling Stone*

“ *Show Me How You Disappear* probes the aftermath of that traumatic time unflinchingly as she navigates the subsequent healing and moving forward without losing sight of the transcendent beauty that recovery can hold.”
- *NYLON*

“There are several moments on *Show Me How You Disappear* that feel like soundtracks for someone who sees the world through new eyes.” - *FLOOD*

[Download hi-res images](#)



Star Stuff EP Artwork

IAN SWEET Online:

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

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

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

https://www.instagram.com/ian_swееееet/

<https://iansweetmusic.bandcamp.com/track/sword>

For more information, contact: Jacob Daneman | Pitch Perfect PR -
jacob@pitchperfectpr.com, 773-271-6844

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