

carol bui

this is how I recover. CD



TRACK LIST:

1. hell banknotes
2. this is how I recover
3. checked for bruises
4. I don't call him by name
5. roses
6. a virgin's anthem
7. manic depression
8. untitled #2
9. hyphen american
10. the beauty myth

RIYL: Kristin Hersh, Jeff Buckley, Victory at Sea, Throwing Muses, Belly, Bellini, Mary Timony

FILE UNDER: Indie, Pop, Post-Punk Rock

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THIS IS HOW I RECOVER

Carol Bui's debut offering, *This Is How I Recover*, revels in its ability to dish finely crafted narratives within a framework of heavy friction post-punk. The aggressive instrumentation leads the charge here, ahead of vocals awash in despair and defiance. The blues-tinged "This is How I Recover" throbs with a deeply pulsating bass, and songs like "I Don't Call Him By Name" and "The Beauty Myth" steamroll with their heavy, foot-thumping rhythms and plaintive vocals. The lyrics are at times shockingly frank, as Bui showcases her ability to scream, howl or croon the most intimate details of painful self-examination. While influences abound, from the vocal stylings of **Jeff Buckley**, to the angular guitar work of contemporaries like **Bellini** or **Victory at Sea**, Carol Bui is carving out her own niche by crafting beautifully visceral post-rock wrapped around strong vocal narratives.

ADVANCED PRAISE

"(Carol Bui) is (a) hard-rocking girl who favors fretwork dissonance over pretty jangle. Bui's voice doubles as both lovely foil to noisy eruptions and siren call above a knotted riff, and the skin puckers when her power chords underscore a throaty scream."

– Brett McCabe (Baltimore City Paper)

"*This is How I Recover* is a confident and striking debut, filled with passion and verve. Every track on the album is greatly indicative of Bui's impressive songwriting talents and technical skill, from the quiet and darkly unassuming notes of the opening track "Hell Banknotes" to the driving, almost arena-like rock of the closer "Beauty Myth."

– Joon Kim (Delusions of Adequacy)

ON THE ROAD/ IN THE STUDIO

Carol Bui is currently playing shows all over the northeast with plans for a full-blown tour in the late spring and summer of 2006. She's also writing her next record, and will be turning her attention studio-ward before the fall. In addition to this busy schedule, she's recently lent her talents to both **Beauty Pill** and **The Physics of Meaning** in the studio, and toured with **The Physics of Meaning** this past fall. Visit carolbui.com for show information and updates.

carol bui:

Carol Bui – Vocals, Guitar, Flute
Mark Taylor – Drums
Ian Wright – Bass

Drunken Butterfly Records

www.carolbui.com

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