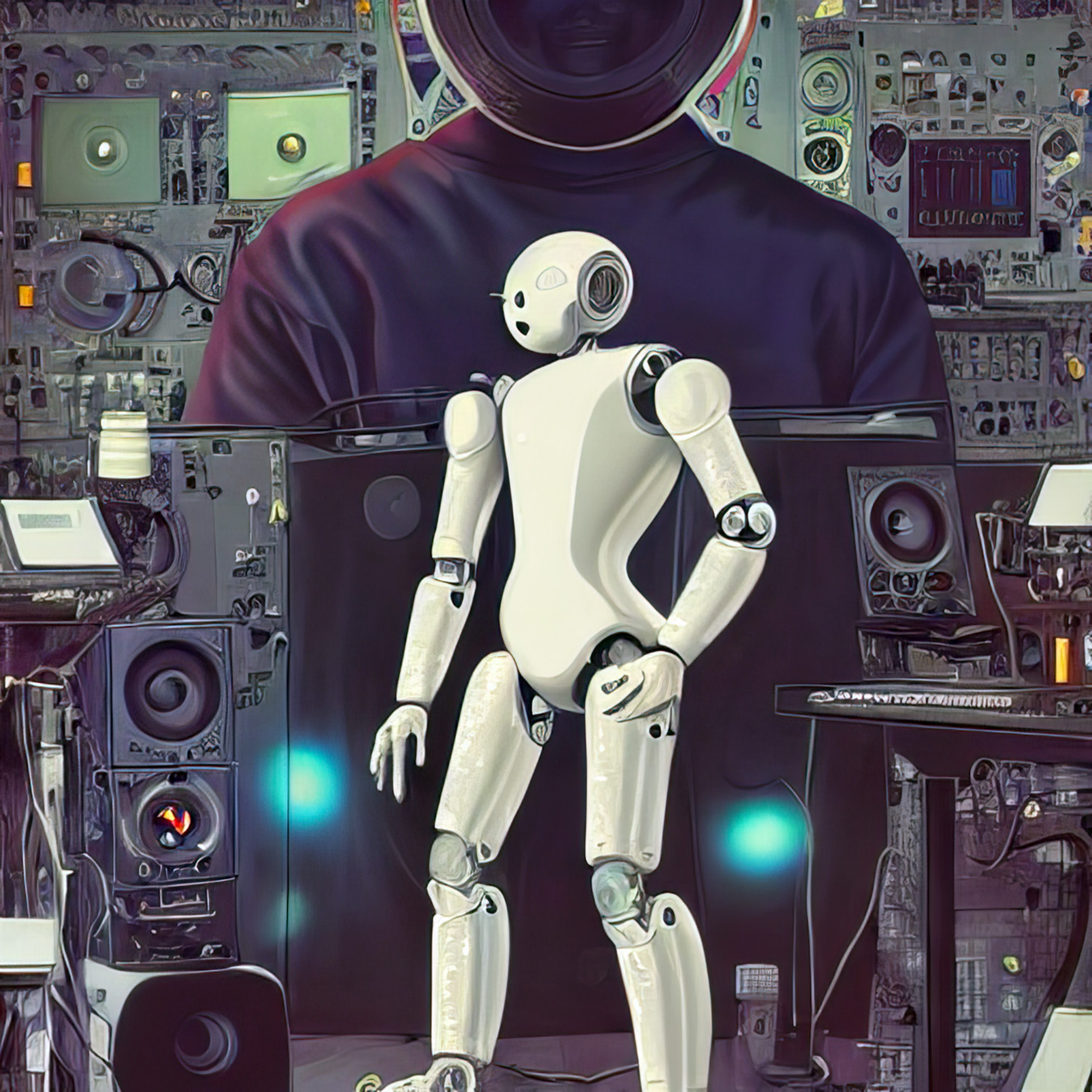
HEADSNACK
LABIEAK THERAPY



1 **PLEASANT** 1:43

Produced by Headsnack. TheFarPost on drums.
Seth Bulkin on bass. Primo Sol on guitars.

2 **2 PAIRS OF SWEATS, 4 SHIRTS, 1 HOODIE** 2:12

Written by Headsnack. Produced by Old Yist.

3 **SICK** 3:50

Written & produced by Headsnack. Cuts by DJ Cheese.

4 **FEAR** 3:22

Written & produced by Headsnack.

5 **FORGET TO LOVE MYSELF** 4:53

Written & produced by Headsnack. Additional vocals by DramatiX.
Cuts by DJ Exfyl. Guitars by Slim Waites.

Recorded in NJ, USA at ED209's Lair of Laundry Chutes
and Milk Doors & Treebeard's Rooty Vibration Lab.

Track 2 mastered by Mike Foam.

Tracks 1, 3, 4, & 5 mastered by Phil Nicolo at Studio 4.

SPECIAL THANKS TO

Old Yist, DJ Exfyl, Shred Lexicon, DramatiX, DJ Cheese, MG & blocSonic, Pot C, C-Doc, Chuck D, Public Enemy, Enemy Radio, DJ Lord, Spit Slam, Primo Sol, Slim Waites, Moebocop, Munch, Seth Bulkin, Mariano "Far Post" Lusardi, Phil Nicolo, Studio 4, EATM, Barry Manninglow (RIP), Kenneth & the Pickup Selectors, Slangy, Vegetaria the Warrior, Miss Meriss, Dexter, Dante, and Brulee.

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THE STORY BEHIND "LAB LEAK THERAPY"...

The album title harkens back to the lab leak theory that caused so much controversy early on in the pandemic, but also incorporates the wordplay angle in which we commonly refer to the beat-making studio as "the lab". These songs are being leaked out of the lab, similar to a virus. Lab Leak Therapy is actually a bonus EP comprised of songs that didn't quite fit in my forthcoming album, Too Small to Cancel. It just so happens that they are the most personal songs I've ever released. They're probably more for hardcore Headsnack heads than the average listener, but I needed to get them out there.

The songs are all about either battling inner demons or going through the heart of the pandemic, two subjects that feel relatable and, for many, one exacerbated the other. Hence the flip of 'Theory" to 'Therapy"; With the release of this EP, I'm finally getting these songs off my back.

"PLEASANT"

In mid-2019 I made the first version of the beat for "Pleasant," originally entitled "A Vibe Called Blessed." I know it's a better title, but others are using it for podcasts, songs, DJ mixes, etc. The original idea for the beat was a song with Shred Lexicon, my son Slangy, and his daughter Celestia, to make a "Freaky Friday"-style song where I would rap as my son and he would rap as me, with the same deal for Shred & Co. It was

a great idea but it was a challenge to get it done and then the pandemic happened. I gave up on making an album at all until the fall of 2021, and at that time I thought, this beat is too fresh to not use it for something.

I love collaborating with friends and always wanted to get my buddy, TheFarPost, on drums. His daughter, Plasmic, has been featured prominently on two of my most well-known songs, "Google Knows" and "My Favorite Song." TheFarPost agreed and recorded his entire kit with a few overheads! For the bass guitar I enlisted my college roommate, Seth Bulkin, who is one of the most dexterous and gifted players I know. He was excited about how the song came out but I know he wanted to me to flex some lyrics on it. Unfortunately, I was out of steam but wanted to come through for him so I asked two different emcee friends to appear on the track. None of us came up with anything for months. It was around that same time that I stumbled upon a Sadhguru interview that immediately spoke to me.

My homie Primo Sol rounds out the beat with some rhythm guitar. For those not aware of him, check out the album we released together in 2020 entitled Effected. It's a collection of memorable instrumentals that cross many genres and push audio effects to the limits.

I should also note that this is the only positive song on the album and I almost put it as the last track instead of the first to give the listener some hope. Instead I went with my musical mind for sequencing. "Forget to Love Myself" is a better closer due to the

grandstanding jam at the end of the track. "Pleasant" is a short, sweet, feel-good beat. I'm giving you some milk and cookies before I sit down on the couch next to you to vomit ill thoughts for the next 15 minutes.

"2 PAIRS OF SWEATS, 4 SHIRTS, 1 HOODIE"

When the pandemic hit in 2020, Old Yist hit me up with a beat entitled "In Times of Despair." It was such a sick soundscape that he obviously made while holed up like a mole. I was immediately in the zone when I heard it. We were all so scared. The FearTube was broadcasting death tolls like a Wall Street stock ticker. I consumed massive amounts of herbs and wrote this song. It's a snapshot from that time.

"SICK"

In 2014 I left production in the DAW environment in favor of three machines, the Yamaha SU700 Phrase Sampler, Dave Smith Tempest drum machine, and Novation BassStation 2 synthesizer. I made an EP full of beats, some featuring my late friend, Todd Eaton, on guitar. This one in particular called "Haunted" made use of a "Sounds of Death and Horror" vinyl record that I purchased via mail-order when I was 16 years old. I remember giving my mom $16 and handing her the advertisement page from Fangoria magazine. She didn't understand why I wanted to listen to death and horror and at this moment I can't recall why I wanted to, either. At any rate, I kept the record and 20 something years later sampled some crazy cat noises, which I reversed, and a dark, off-beat piano. Then one day I was playing a bunch of beats for Shred and he said he liked this one. In sometime between 2018 and 2019 I recorded the original hardware

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into Ableton and wrote two verses for it.

Back in 2014 I also had the pleasure of remixing a song for The Impossebulls called "Erykah & Jean." I took it upon myself to spit a guest verse at the end (a la Pete Rock). The song is about recognizing true love while it's here and not wasting energy on idols. I made a dark beat for the remix and for some reason (probably influenced by Marcus J's lyrics) I wrote about the death of my brother. Fast forward 6 years and I recall talking to C-Doc about reusing verses in new songs. He gave me a different perspective on the idea so I decided to use my Erykah & Jean verse as an opener for "Sick."

The song is pretty cool in that it doesn't sound like much else of what I've done. In a nerdy beatmaker way I'm also proud of the fact that the kick drum is off beat during the chorus. I'm sure J Dilla and other cats have done it plenty of times, but it was a first for me.

"FEAR"

I made this beat in the beginning of 2021. It was sitting around marinating for over a year. During that time I had about 20 pages worth of random notes, topics, and rhymes that I wanted to say on wax, most of them political or related to public health (which should never be political). This song was originally going to be on my forthcoming LP, but I decided to include a remix of it instead. I felt like this version of the song fit well with the mostly somber vibe of the other tracks on this EP. I even think the subject matter works because it all comes full circle. The whole EP is about loss and depressing shit. Enjoy!

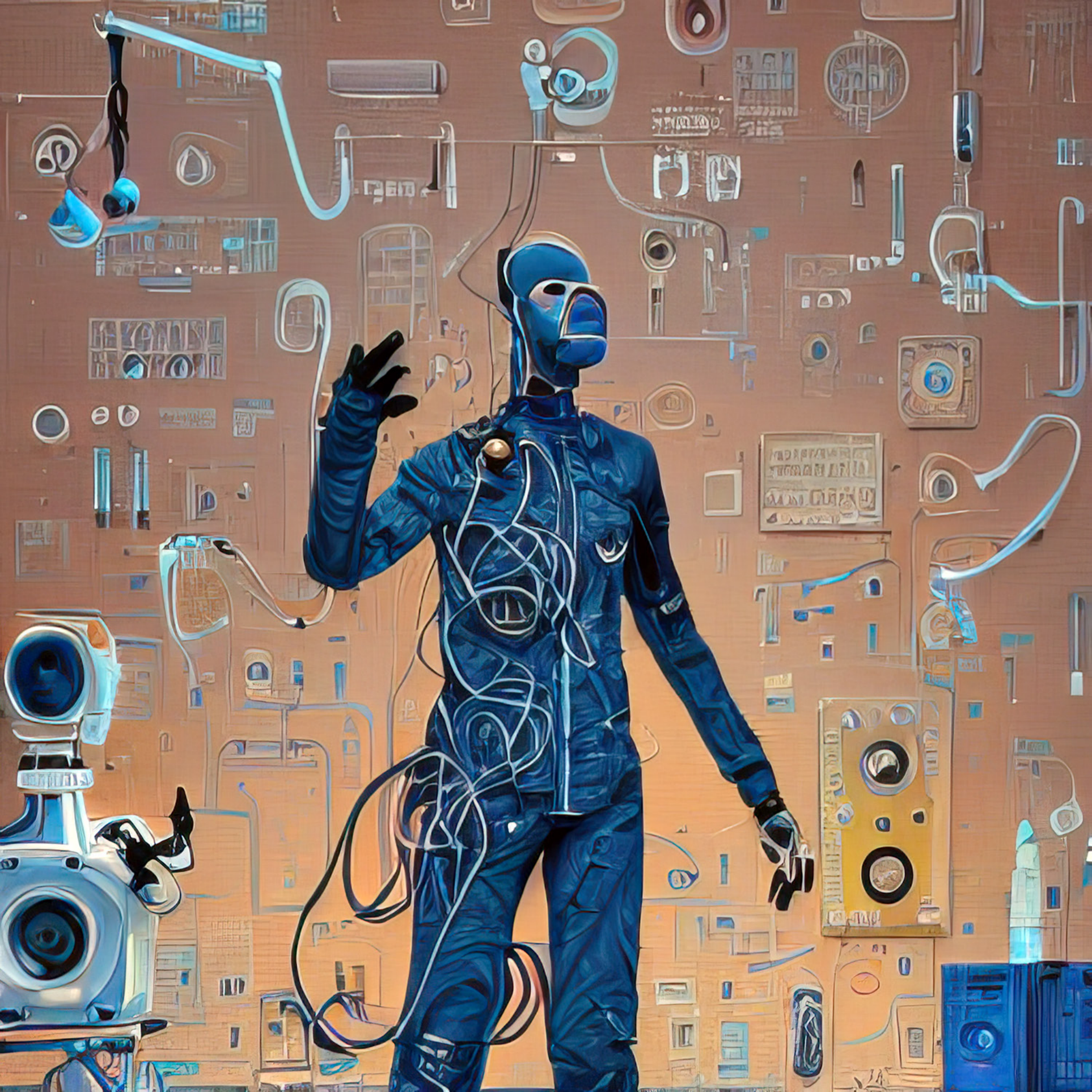
"FORGET TO LOVE MYSELF"

In late 2018 I was having some health issues and went on a cleanse for a few months to heal myself. During that period of clarity I wrote "Forget to Love Myself." I think I made the beat around the same time. The production is a bit more in the style of some of the songs from my 2018 album, Secret Handshake. My longtime friend, Slim Waites, lends the guitar work and really puts his heart into the strings.

I wrote the chorus to sing but didn't want anybody else to hear me singing it. I asked my homie DramatiX (who appeared on my song, "I'm in Love with a Bot") to sing it and he agreed. I can't recall the exact amount of time but it took him something like 6 months to a year to deliver his part. Not a big deal as I had nothing else going on and, truthfully, it was worth the wait. He brings my melody to another level with harmony and feeling.

That's the story behind Lab Leak Therapy. If you read these liner notes, you are a true head and I appreciate you letting me share my art with you.

Love,
Headsnack



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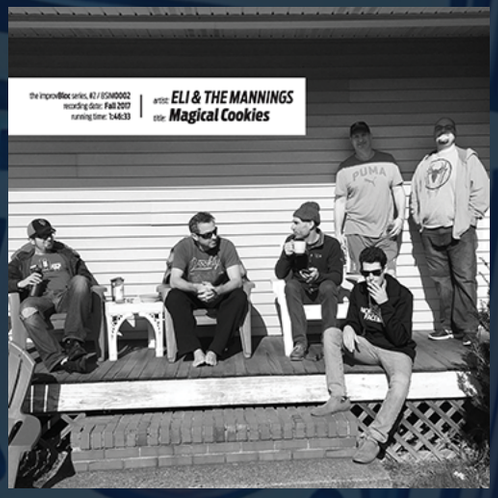

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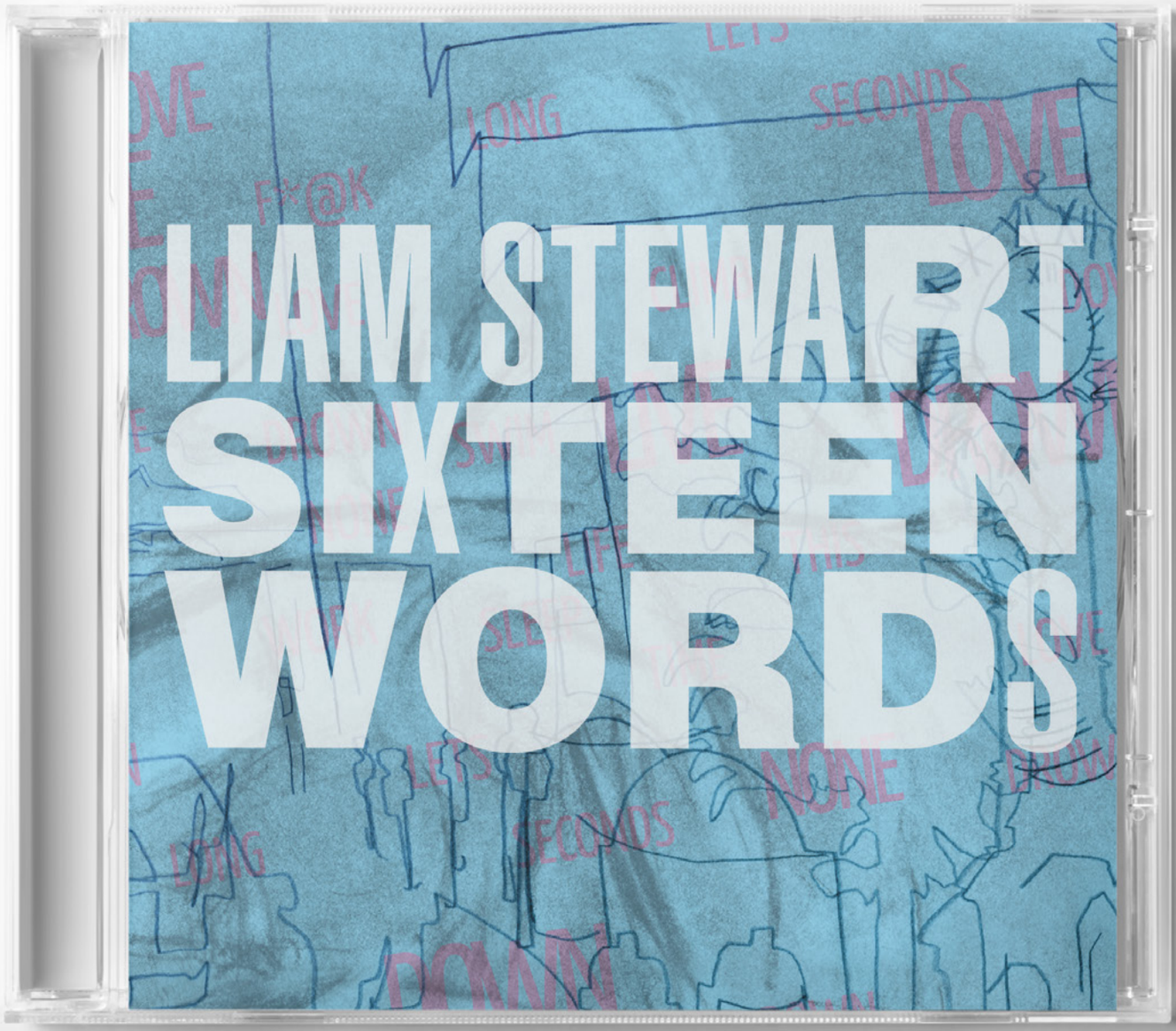

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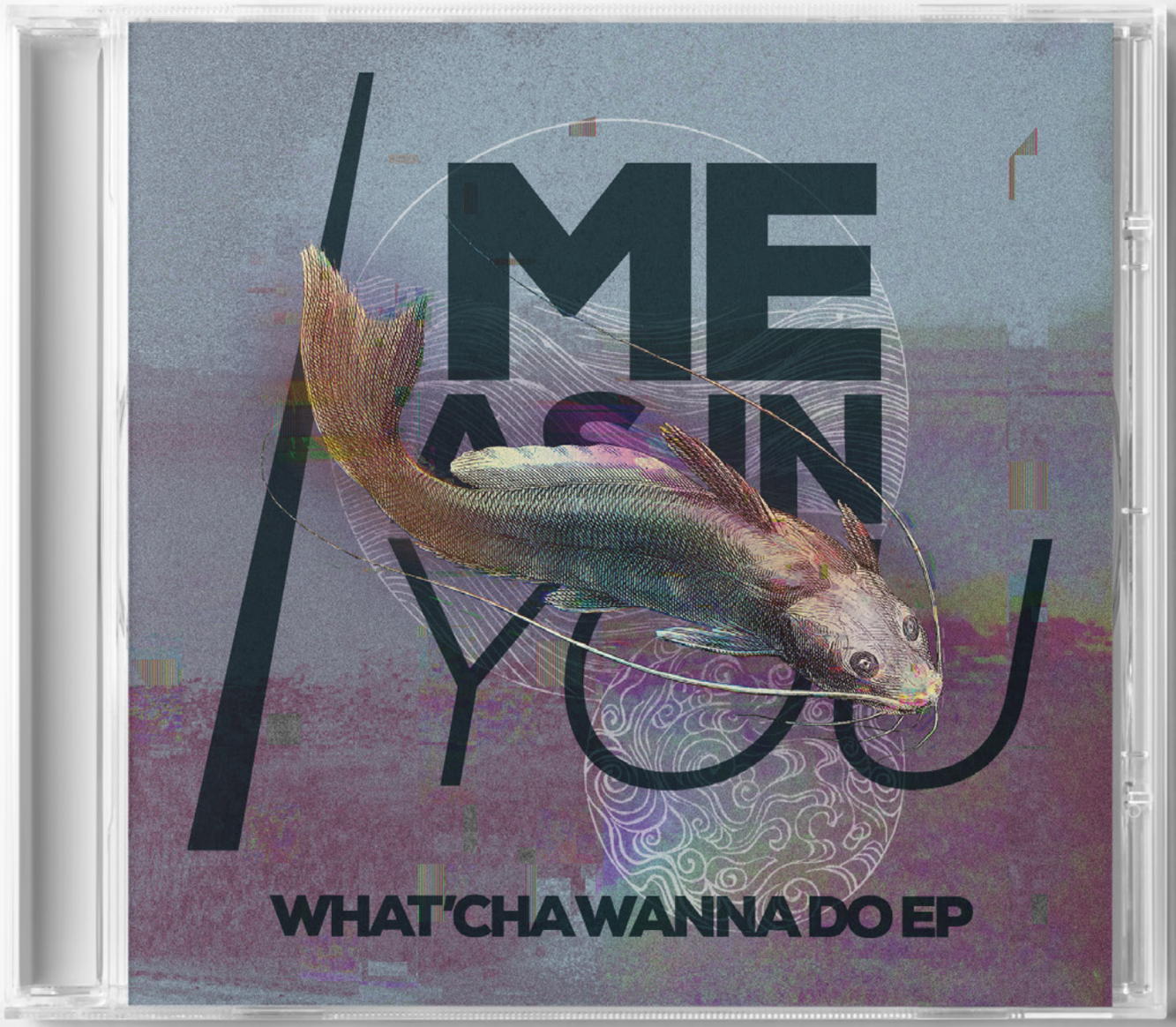

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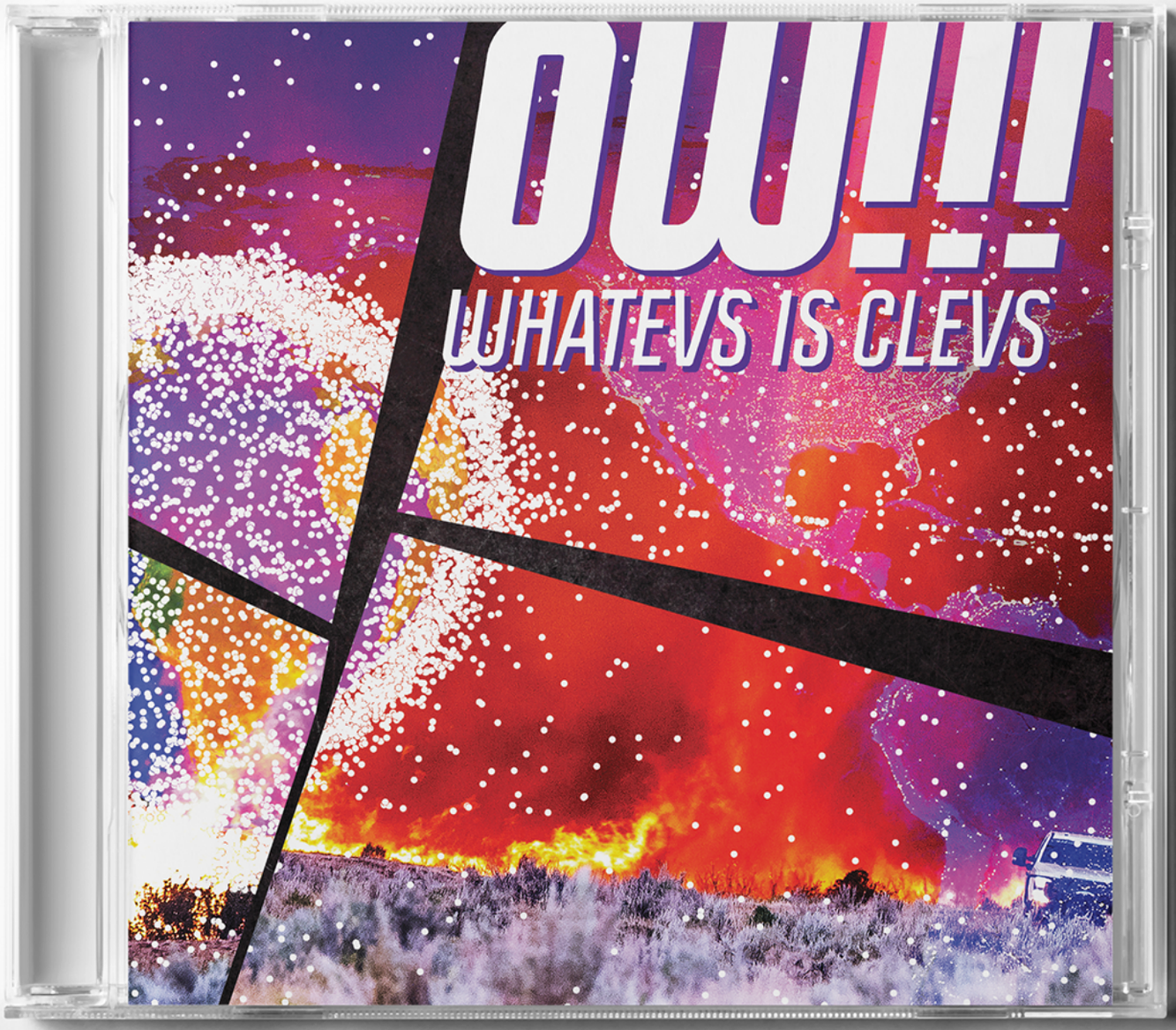

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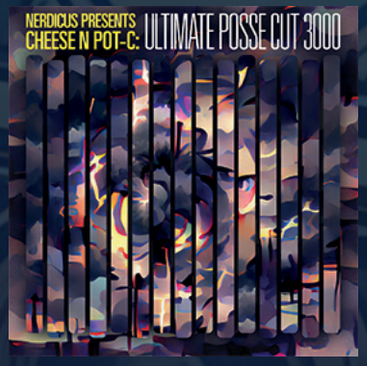

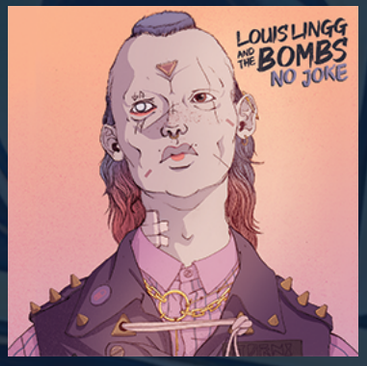

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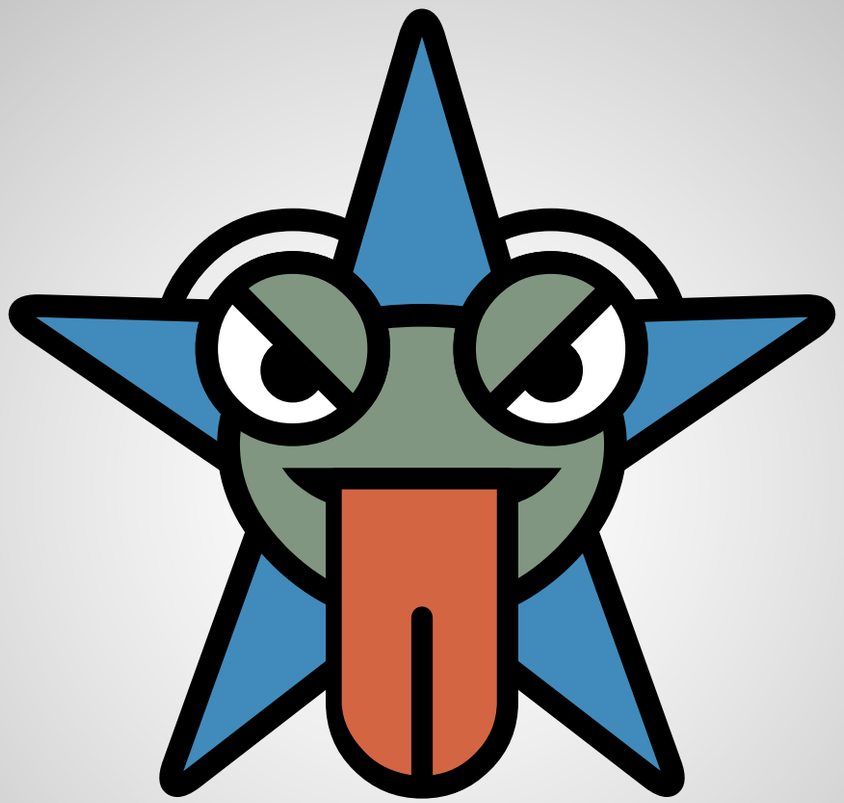

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Headsnack... many thanks to you and your collaborators for once again delivering the sonic gems!

- Mike Gregoire, blocSonic

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