

## **Introduction**

When I was a kid I remember buying my first Blink 182 album, tearing off the cellophane, and ripping the cover booklet from its cradle. Inside was an account from the band about each of the songs and how they were created and the more I discovered, the closer I felt to the band. I wanted to give you that exact same experience so on top of the bonus content I decided to take a page out of Blink's book. Literally. These are the tales of where each of my songs came from and what it took to make them. I hope you enjoy following along with me.

### **1. Thought You Should Know**

I wrote this the same week we broke up. Obviously had a lot to say and she isn't one to listen. In fact that was our entire relationship. A lot of talking and no actual effort to keep us afloat. The lines about the movie night is actually a true story. I went to a movie with my son and about half way through I broke down in tears realizing she was actually gone. I cried the whole way home with my son in the car asking questions and acting confused. It was one of the most painful experiences I've ever endured. Literally EVERYTHING I did was something WE used to do as a family and when that was taken away from me I couldn't go anywhere without being reminded of it.

### **2. Fuck You Bitch**

I knew I couldn't dwell on us forever. It was time to move on. I saved the starting line in my notepad for weeks. "This'll be the last song I ever write for you." I waited until the very last moment to tell the rest of the story. I had to be sure I was over it and I was ready to love again... little did I know I was a long way from that.

### **3. Flex**

I actually wrote this one when we were still together. "Rocks on most reliable bachelor" was a line out of spite. We were still fighting and in a petty attempt to make her jealous me and the homie Haze did this song and I buried that line in there to remind New Orleans that if she couldn't hold it down for ya boy she'd be replaced... Kinda savage looking back. In all reality I never wanted to lose her, rather, I wanted her to pay attention to me like she did when I first fell in love with her. I was the centre of her world and when I lost that I panicked inside.

### **4. Fuck Bitches**

The dating world has changed so much since I was a kid. Nowadays I notice just as many fuck bitches as there are fuck boys. I figured I'd cover both sides on this album. The moral of the story? Be honest and do you. Oh, and this is the only instrumental in the album that I actually self produced! When Billy and Mino heard it for the first time they basically commandeered the other verses...

## **5. #NoFuckBoys**

Heres the other side. I know what I want and I go for it. I don't think its fair to either person if you lie or move on some false shit. 3:00 in the morning, drunk on a mixture of gin and rum the instrumental popped up. I couldn't stop myself. It's such an honest song that I felt would resonate with anyone who was tired of games. This is the anthem for the clubs that everyone will appreciate.

## **6. Make Believe**

My brother called me up in a flurry of excitement when he found the instrumental for this record. He had the whole thing written hook and all. When we started recording it and I actually heard a version that wasn't on my phone I practically begged him to let me have a spot on it. The track sat in the archives waiting for the next Nerds In Cool Clothing album that never happened. When I was compiling these songs I found it again and I couldn't let it keep collecting dust. He doesn't know its on here ;)

## **7. All Night**

I went on a Chris Brown and Kid Ink bender for like a year straight... I was a horrible singer back in the day (Not that I'm much better now) and belting Breezy out at the top of your lungs for a year straight does wonders. I took the influence from that and tried to put my own spin on the vibe. Around the time I wrote this song me and New Orleans were still courting. I had already left high school sweetheart and was in our one month limbo. Had to let her know I wanted her but I still had options... making girls jealous is kinda my thing ;)

## **8. She Got It**

You know when you're looking at someone and you just can't take your eyes off them? You're already planning out your entire life out inside your head, naming kids and shit... Well, when I wrote this that's exactly the feeling I had. Whenever I was with New Orleans she was my whole focus. This song was an ode to the hypnotizing spell she had over me. The beat just spoke to me and in a love drunk state I penned this record at two in the morning with a bottle of Captain.

## **9. Gravity**

I have two sisters, both I am very close to and share a special connection to. Despite our differences they shaped me as a man, teaching me valuable insights into the woman's mind. I am forever indebted to them for everything they have helped me get through. They both have a song that they influenced without knowing it... Don't ask me how or why I chose the songs I did but this one here, this is my big sisters song. This was the single I wrote when New Orleans finally said yes to me. I was obviously feeling a little out of this world. Love does funny things to you.

## **10. Emotion**

Billy Bishop showed up late one night to the studio stoked to show me something he made. He wrote this hook over a beat but it didn't fit into any of his projects. I offered to take a crack at it and he obliged. The timing was perfect because I was so totally in love with this girl.

My favourite line in the whole song "I'm weak, you crush" completely sums up this song. In my head she was my dirty dancer. The girl that actually understood my dark parts and need for touch. She moved me like no other woman ever had.

## **11. Thas Ma Bish**

When you take your girl out you wanna show her off. After all she hot af, feelin' good, and she givin' it up to you. Thas yo bishhh! Well, New Orleans had me on that feeling and I couldn't help but mark my territory... too bad it was a temporary ting.

## **12. Snow White**

Believe it or not I re-wrote this hook 5 times before coming up with this version. Over the span of about a year I finally reached a happy place with the hook and decided to go for the verses. Once the hook was right the rest fell in place like a perfect game of Tetris. I finished the rest of the song in one night and knew I had a hit! This is the ultimate Stockholm song. The mind games were in full play and the toxic addiction to what I felt with her began. When she started pulling it back it was the ultimate torture. For years I searched for that high in her and never reached that climax again...and the nights grew darker and longer.

## **13. Hate Me I Get It**

One night after a fight I did my usual retreat to safety. Skimming through instrumentals in the studio. I was feelin' some type of way about how she left it and I could feel a break down in our relationship. Depressed and feeling hopeless I just started writing everything I was thinking. Somehow by way of a miracle the flow started coming and it came to life. I stayed on the lower registers to keep it personal and intimate. I wanted to talk not yell...

## **14. I Don't Understand**

You ever feel like things are stuck in a never ending cycle? Fight and make up, break up and get back together, fight one day ignore each other the next? It just gets so fuckin confusing trying to keep track of where you are and in that frustration this song was forged. Just a raw account of the back and forth, push and pull games that New Orleans I were facing near the middle of our relationship.

## **15. I Feel**

Back when I was with the original Nerds In Cool Clothing four, the first of the guys to leave, left behind this gem in the archives. He sang the hook and we just sat on it not knowing where to go with it. When New Orleans and I were on the verge of a total break down I felt like I could do the hook justice. I layered in some of my own flourishes here and there and tweaked it 17 more times after that and when I combined it with the verses it was a wrap!

## **16. Drink About It**

This was the first night I met King Dylan and GQ. Also the first time we seen his birthday suit. We were talking about how weird it is to be in someone else's studio and I mentioned how completely naked you have to be to bear your emotion on a song properly. He went on to tell me that he has no problem with being naked while simultaneously dropping his ripped up jean shorts to the floor. We're besties now.

As far as the inspiration for the song goes it was really crazy because we all just gravitated towards this instrumental and the lyrical content. Unbeknownst to each of us we were all kind of going through the same shit with our female counterparts.

## **17. Burn**

This was the first song I did where I really explored my vocal ability. My whole life I was told I didn't have a great singing voice which is why I'm still so self conscious about it. This song was originally for the "Nerds In Cool Clothing" album I was working on. Since the group broke up it was just sitting there with no one to show it some love. I revamped some of the mixing and vocals so that it was up to par for this project and it found it's new home in the Love Story.

## **18. Mama Said**

I recorded this song in one solid take. Took a lot of practice but when I hit it I felt it in my soul. When it gives you goosebumps and you're the one singing it you know you're onto something. Each verse comes from a particular experience in a relationship. It serves as a sort of conclusion to what we find in a relationship. The first verse is explaining how the guys in my life weren't the best company to keep. My girl was fine af and they all wanted a piece. Whats worse? She wanted them too. There wasn't just one after the break up. There were many. And my circle got smaller once again.

The second one was a venting of sorts. I know I could have a healthy relationship with someone one day but it always feels like the girl has an angle. I guess I have trust issues. The third one is about the fuck boy that she was fuckin with. The way she immediately ran to his arms the day after she left fucked with me. I felt like I'd been played hard. Betrayal is a mother fucker and it brings out the worst in me.

## **Conclusion**

Hopefully after mama said you should loop right back to the beginning without even knowing it happened. This album was designed to flow from front to back seamlessly telling the story of love that everyone endures at some point in their life. I hope I was able to capture that for you and really get you to connect with the music on a deeper level. Music has shaped me as a person and I know it has you too. If this becomes a part of your soundtrack then I know I've accomplished my goal. Thank you for taking the time to get to know me and my music and I hope that as we grow together in the future I am able to tell your stories over and over again. With all the love in my heart I wish you well. Safe travels my friend. Until we meet again.

Chapter.