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For Immediate Release

**Son Little Announces New Album, *Like Neptune*, Out Sept. 9th via ANTI-,**

**and North American Tour**

**Shares Lead Singles, “**[**deeper**](https://youtu.be/lrYS37rnFaA)**” and “**[**stoned love**](https://youtu.be/DOlmuy88RRU)**”**

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(Photo Credit: Cynthia Perez)

**Son Little** announces his new album, ***Like Neptune***, out **September 9th via ANTI-**, and a **North American tour**. In conjunction, he shares two lead singles, “**deeper**” and “**stoned love**.” Continuing to revolutionize the modern understanding and expectation of R&B, Son Little delivers an unadulterated transmission of Black American music performed in its praying and pleading mother tongue. Conceived in a cabin overlooking the Delaware River in upstate New York, *Like Neptune* is an open and vulnerable portrayal of unbridled joy and self-acceptance. In this verdant space of freedom, Son Little transmutes the chronic pain of self-doubt into a beautiful opus about overcoming generational trauma, decorating the altar of the primordial blues and elevating the labor of healing to high art.

"*In the beginning of lockdown, I went into a closet full of junk and found a couple of boxes full of my old writing books,*” Livingston explained. “*There turned out to be 72 books in there. The oldest book I got as a Christmas present when I was 9. In it, I wrote letters to myself about what was happening in my life. One page refers to a neighbor in Queens who abused me sexually around age 5. It was the first and only time I’d ever acknowledge this fact until after my 19th birthday, when I told my mother what had happened. She begged me to go to therapy. I went under protest. My attempt wasn’t sincere. I wasn’t ready. I thought I could just power through it.*”

Years of anxiety, depression, panic attacks and existential dread ensued, often dulled or numbed by the effects of alcohol, drugs, or sex. A frightening car crash and arrest finally led him back into therapy in 2017. Aggressively employing progressive methods like EMDR and somatic healing, Livingston, with the help of a trusted therapist, began identifying the roots of his trauma, and where it lives in the body. But the biggest breakthrough came from Internal Family Systems, a methodology that recognizes responses to trauma triggers as distinct entities or ‘parts’ within the person, and requires the patient essentially have conversations with the different traumatized personalities within them.

“*One day in therapy I started talking to myself– to that annoying inner voice that criticizes everything when you mess up. I asked them how old they were and they said ‘10’. I asked if they knew who I was, or how old I was and they said ‘no'! Strange as it all seems it’s had some amazing results. I’m able to soothe and comfort my inner…children.*”

The open exchange with his wounded inner self challenges a tradition of silence that masks the trauma coursing through the bedrock of the genre; the impact of abuse has infamously undergirded the catalogs and upended the lives of some of R&B’s most iconic musicians. *Like Neptune*, however, counters that no student or practitioner of the tradition should believe trauma to be a necessary component of their sound. Delving into his journals and happily cooped up inside due to the pandemic, Son Little returned to beat making to craft the core of *Like Neptune* using apps on his iPad— a method originally tasked with satisfying the nagging urge to create on a daily basis on the road; later he fleshed out the programming and added live instrumentation in Ableton live— while micro dosing LSD and immersing himself in the sounds of ‘70s era David Bowie and psychedelic Amazonian cumbia of the same period.

Today’s “deeper" alludes to Son Little's long-standing desire to understand the human experience beyond mortality, someplace closer to the essence of the divine. Leading into “deeper,” “stoned love” finds him cooing stoner wordplay flanked by the otherworldly synth work of **Deshawn “Dvibes” Alexander**.

[**Listen to “deeper” by Son Little**](https://youtu.be/lrYS37rnFaA)

[**Listen to “stoned love” by Son Little**](https://youtu.be/DOlmuy88RRU)

Noticeably confident from the opening note, Son Little prioritizes his signature rasp as the chief instrument of every song on a 12-track meditation on the mortal struggle to achieve inner peace. Doling out a pearl-strung collection of successive epiphanies he engages each of his re-invigorated parts, empowering them to finally speak freely, with him as the vessel. *Like Neptune* establishes Son Little as the polyglot translator and rightful torchbearer of the celebrated musical tradition known as rhythm and blues. With it, he completes the daunting tasks of confronting himself and pushing his sound to completion. The result is a timeless body of work reflective of his deep internal desire to inhabit the most radiant version of himself and become a positive force in the lives of people around him.

Son Little will kick off a **North America in support of *Like Neptune* on Tue. Nov. 1st in Los Angeles at the Troubadour**. He’ll play a number of west coast cities, including **San** **Francisco**, **Seattle** and **Portland** before heading through the south and midwest. The tour will conclude with select east coast dates including **Brooklyn**, **Boston**, and **Philadelphia**. A full list of dates is below, with [tickets on-sale this Friday](http://sonlittle.com).

[**Pre-order *Like Neptune***](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqbnIwU0Zfbk03dkZaSzQ5VDFSQlY5OUNQaWZWd3xBQ3Jtc0tseV9ranZsT3c5MW9wY3kxQ1k1WVZxbFdMNDU5S252azEyWU15aUpDYTlIb2xLSTVzV0hQekk1bjlZRGQyUTNlaU8tcHdDNE1uR29KcnFTeVpUaFFXbnF1MTZzTE0xdEhDT3FfcGZLbzFRWVdQSHMzTQ&q=https%3A%2F%2Fsonlittle.ffm.to%2Flikeneptune&v=lrYS37rnFaA)

***Like Neptune* Tracklist**

1. drummer

2. 6 AM

3. like neptune

4. bend yr ear

5. inside out

6. Didn’t Mean a Thing

7. stoned love

8. deeper

9. no friend of mine

10. Playing Both Sides

11. gloria

12. what’s good

**Son Little Tour Dates**

**(new dates in bold)**

Sat. July 2 - Portland, OR @ Waterfront Blues Festival 2022

Fri. Sept. 2 - Madrid, ES @ Sala Clamores

Sat. Sept. 3 - Zaragoza, ES @ Rock & Blues Cafe

Sun. Sept. 4 - Barcelona, ES @ La Nau Locales de Ensayo

Wed. Sept. 7 - Hamburg, DE @ Bahnhof Pauli

Thu. Sept. 8 - Berlin, DE @ Privatclub

Fri. Sept. 9 - Köln, DE @ Helios 37

Sat. Sept. 10 - Zürich, CH @ Exil

Mon. Sept. 12 - Antwerpen, BE @ Kavka

Wed. Sept. 14 - Amsterdam, NL @ Paradiso

Thu. Sept. 15 - Rotterdam, NL @ Bird

Fri. Sept. 16 - Paris, FR @ La Maroquinerie

Sat. Sept. 17 - London, UK @ The Garage

Sun. Sept. 18 - Brighton, UK @ The Hope & Ruin

**Tue. Nov. 1 - Los Angeles, CA @ Troubadour**

**Wed. Nov. 2 - San Diego, CA @ Soda Bar**

**Fri. Nov. 4 - San Francisco, CA @ Great American Music Hall**

**Sat. Nov. 5 - Santa Cruz, CA @ Moe’s Alley**

**Mon. Nov. 7 - Seattle, WA @ Neumos**

**Wed. Nov. 9 - Portland, OR @ Doug Fir Lounge**

**Thu. Nov. 10 - Boise, ID @ The Olympic**

**Fri. Nov. 11 - Salt Lake City, UT @ The State Room**

**Sat. Nov. 12 - Denver, CO @ Bluebird Theater**

**Tue. Nov. 15 - Dallas, TX @ The Kessler Theater**

**Wed. Nov. 16 - Austin, TX @ 3TEN ACL Live**

**Fri. Nov. 18 - Memphis, TN @ Railgarten**

**Sat. Nov. 19 - Nashville, TN @ The Blue Room at Third Man Records**

**Thu. Dec. 1 - Charleston, SC @ The Pour House**

**Fri. Dec. 2 - Atlanta, GA @ Smith’s Olde Bar**

Sat. Dec. 3 - Lake Wales, FL @ Orange Blossom Revue

**Sun. Dec. 4 - Tampa, FL @ The Attic**

**Wed. Dec. 7 - Milwaukee, WI @ Back Room at Colectivo**

**Thu. Dec. 8 - St. Paul, MN @ Turf Club**

**Fri. Dec. 9 - Chicago, IL @ Chop Shop**

**Sat. Dec. 10 - Ferndale, MI @ The Loving Touch**

**Wed. Dec. 14 - Boston, MA @ The Sinclair**

**Thu. Dec. 15 - Sheffield, MA @ Race Brook Lodge**

**Fri. Dec. 16 - Brooklyn, NY @ Elsewhere**

**Sat. Dec. 17 - Philadelphia, PA @ Underground Arts**

[**Download album art & hi-res images of Son Little**](https://pitchperfectpr.com/son-little/)



(*Like Neptune* Cover Artwork)

[**Artist Site**](http://sonlittle.com) | [**Facebook**](https://www.facebook.com/SonLittleMusic/) | [**Twitter**](https://twitter.com/SonLittleMusic) | [**Instagram**](https://www.instagram.com/sonlittlemusic/) | [**Youtube**](https://www.youtube.com/channel/UC_gVcmJCAKa4V5RzKrjf0Lw) | [**ANTI-**](http://anti.com)

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