**Sad To See the Sun Go Down**

Apparently I can find the sadness in anything, like when I’m flanked by all my friends singing in perfect harmony. The moment is fleeting. Beautiful sunsets, perfect days, and an intangible sadness are on full display here.

**Still Intact**

Even when I think times are tough, I have much to be grateful for.

**Broken Hearts (Won’t Stop Beating)**

My breakup anthem. Your breakup mantra. Kyle Skelton shared this sentiment when we recorded his harmonies in my subterranean apartment. I’m happy to report that everyone's in a better place now.

**Raphi and Me**

Written from the perspective of my dear friend Raphi Gottesman, a drummer; and myself, a bass player; as a rhythm section for other songwriters and friends on the same journey. The story is one of navigating in and out of barrooms and juke joints, on and off stages, and trying to relate to co-workers at the office the next day.

**Sigh Baby**

One day I found myself sighing a lot when suddenly I realized that I sigh all the time. It’s healthy to take deep breaths even if I’m being immature.

**Mindlessly Strumming Away**

There’s something very calming and meditative about strumming an acoustic guitar. So much that I end up doing it a lot while I’m thinking about something else. And I had a lot to think about on this particular rainy day in Oakland.

**Sand, Salt Crystals**

The oldest song on the album, evoking what it might have been like to walk on the beach with me circa 2016. Plenty of wind and anxiety mixed with a little bit of sun and some good jokes. My friend Kate Sweeney steps it up on harmonies.

**Counting Waves**

Had fun collaborating on this song first with G.O.A.T., Jason Cirimele, followed by bestie, Michael James Tapscott. MJT’s “Lalala’s” help to bring the song home emphasizing the reckoning being outlined.

**Garden**

Portola is nicknamed the “Garden District” of San Francisco. I was living there with my beloved musical friend, Jason Cirimele, where I utilized the trumpet sound on his Casio keyboard. One of the many things that grew from those winter months was this song. [The music flowed like a leaky faucet]

**Another Name**

I was in between tours and in between apartments. And on a day of collaboration with Sugar Candy Mountain, I recorded bass on a song of theirs called “The End”. Then I presented this demo where Will recorded drums and Ash recorded harmonies.

The song is inspired by an ex-girlfriend with contrasting sections about the good times and the trying times. It was a new idea for me at the time to be writing about anything emotional, and I think it unlocked a new trajectory in my songwriting.