



PRESS-RELEASE

Newly Released Personal Development Themed Music Albums Inspire People Around the World.

Three albums of 31 songs, written by “Empowerment Songwriter,” James Dand (from Kent, England), featuring contributions from 24 musicians around the world, were independently released on August 28th 2020, behind a mission to enhance mental health and inspire people to live their best life.

In 2018, songwriter James Dand had the idea of writing and releasing an album of songs containing lyrics with an exclusive personal development theme. The idea snowballed and grew to include a total of 24 contributing musicians from the UK, Europe and the USA, helping to create three albums called ‘Empowerment Songs’, within a range of genres including rock, pop and ballads.

James Dand said, “writing lyrics with a personal development theme, incorporating concepts such as ‘knowing that you are good enough’, ‘believing in yourself’, and ‘overcoming fears and doubts’ was personal to me, because I had been someone who had suffered for many years with low self-esteem and poor confidence. Music was a way that I could express myself and shine my own light. I wanted to create an opportunity to allow other musicians and non-musicians to use their own gifts, so that together we could make a positive impact in the world, with the music inspiring and empowering other people to feel good about themselves. I think this is very much needed right now with all the challenges that society is facing.”

Victoria Smith-Gillard, one of the vocalists on the albums said: “It has been so important, never more so in a year like this, to be involved in a project which focuses on helping people's mental and emotional health. I love singing (it raises your spirits too!), and to be able to contribute in that way has been something I never dreamed was possible, but it shows you that ‘impossible’ can just be in the mind.”

NOTES TO EDITORS:

For more information, contact James on email info@inneranthem.com

Further information about the albums can be found at: <https://www.inneranthem.com/media>