

FOR IMMEDIATE RELEASE

Introducing "Insane": My Raw, Independently-Produced Anthem for Our Tumultuous Times

VICTORIA, BC. Canada – February 15, 2024 – My name is Rob Fillo, and I'm an indie-rock artist ready to share my new single, "Insane." This song is a deeply personal exploration of the tumultuous, sometimes desperate emotions that define our modern world. "Insane" drops March 1st.

This track is unique because I poured everything into it. I wrote, produced, and recorded it myself throughout the darkest periods of the COVID-19 pandemic. This song is my raw, unflinching scream at the chaos we all felt.

"Insane" blends driving rock drums, gritty guitars, and layered vocals to create a wall of sound that reflects both intensity and vulnerability. But the music is only half the story.

To make this track, I had to tap into some dark places: my struggles with substance abuse, emotional lows, and the loneliness of lockdown pushed me into near-madness in those late-night recording sessions. The authenticity is what matters.

Three years sober, I finally returned to "Insane." Mixing and mastering felt like the final step in confronting my demons. This song is my testament to resilience. It's proof that even when the world feels crazy, music provides connection and a way forward.

I hope "Insane" connects with those who've felt lost. This song is more than music; it's a cathartic lifeline from one survivor to another.

Find "Insane" on all major platforms March 1st.

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EPK: www.robfillo.com/insane

Radio Package Download Link:

<https://www.dropbox.com/scl/fo/uporv9zf47vgyurdfzcd/h?rlkey=gsnzvlu5wcuqvycz9lgkik43t&dl=0>

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