



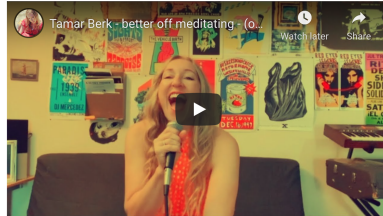
FEB 1

Tamar Berk - "Better Off Meditating"

Tamar Berk provides some unassailable words to live by for these apocalyptic times on her latest single, "Better Off Meditating." Throughout the tumult and chaos of the last year, we all could have benefitted from some of the consistent centered-ness and detachment that mindfulness practices provide, and if you're like me, you probably forgot to take a step back and breathe every once in a while. While this general kind of life exasperation seems to be near-universal in 2021, Berk drew inspiration for the song from a more specific, relationship-centric scenario, stating in a press release that she wrote it after "feeling really frustrated like I was being taken for granted and just sort of blown off" by a person in her life. Despite the tinges of sarcasm in the lyrics that seem to release some of that bottled up steam, Berk delivers more of a sonic reprieve from these exasperated feelings on "Better Off Meditating." In contrast to the darker sounds of her last single, "Shadow Clues," this track is bright and bubbly with sharp guitar and piano interplay that billows with pure power-pop energy. Her style on "Better Off Meditating" is quite reminiscent of the melodic sensibilities of Aimee Mann and the fine-tuned hooks of Michael Penn. They're actually a married couple, so the combination of these elements on "Better Off Meditating" is quite literally a perfect match.

Stream the track and the accompanying video below!

"Better Off Meditating" is the second single from Berk's forthcoming debut solo effort, *The Restless Dreams of Youth*, which is out on February 26th. You can stream "Better Off Meditating" on your [platform of choice](#). Keep up with Berk by following her on [Instagram](#) and liking her on [Facebook](#).



Thomas Gallo



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