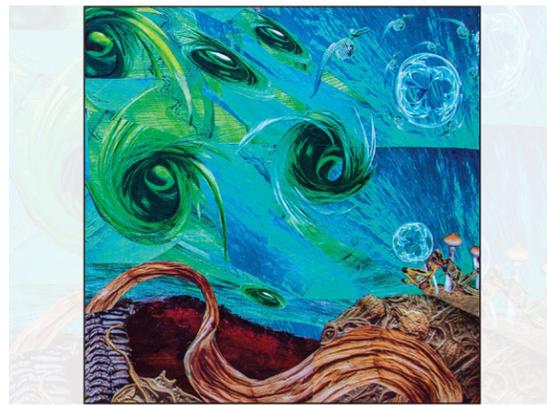




TODAY IS THE DAY
NO GOOD TO ANYONE
BMG

No Good To Anyone represents the literal sound of a man rising from the darkest and lowest point of his life to a new plateau, delivering one of the most dynamic and poignant records in **Today Is The Day's** enduring and ongoing legacy. *Decibel* calls the title track "the sound of a man pulling himself straight through hell and battling his way out. Building from slow, doomy dirges into a tangled mess of jagged guitars, discordant notes, off-kilter drumming and half-snarled-half-shrieked vocals, the song is proof positive that **Today Is The Day** has a point to prove and a story to tell on its new album." The cover art was lovingly rendered by Jef Whitehead (Leviathan, Lurker Of Chalice).



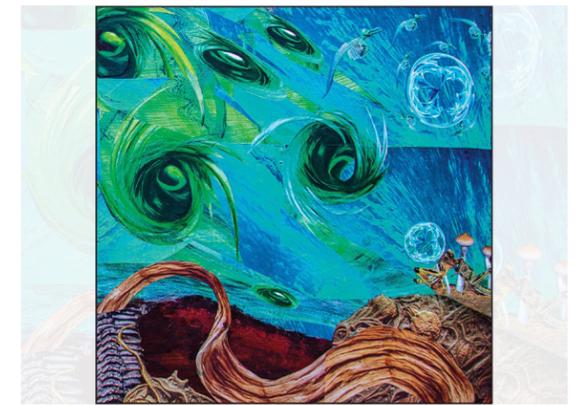
INTRONAUT
FLUID EXISTENTIAL INVERSIONS
METAL BLADE RECORDS

Intronaut – a term that means 'inner traveler' has spent the last decade plus writing, recording, and releasing genre-defying, category-destroying long-players. If **Intronaut** came out of the last decade with anything it's that they're known purveyors of the progressive. But the most remarkable thing about **Intronaut** is that they continue to challenge. Not just themselves, but the boundaries of what it means to be heavy and what it means to be progressive. That **Intronaut** confront the mundane and the accepted so easily is equal parts talent and vision. **Fluid Existential Inversions** is **Intronaut's** sixth full-length and it was produced by Josh Newell (Night Demon, Graviton) and mixed by the legendary Kurt Ballou (Converge, Code Orange, High On Fire, Russian Circles).



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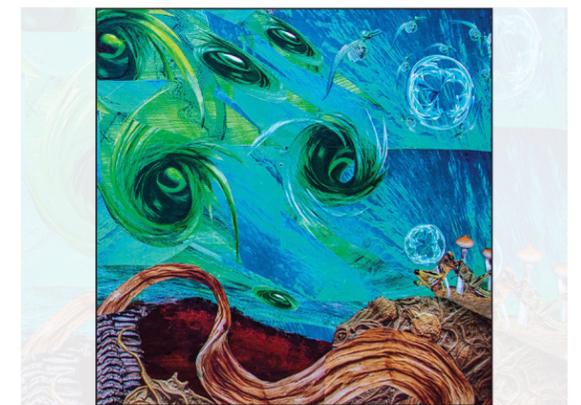
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