



ELISABETH KITZING

“I NEEDED TO CHANGE MY MIND IN ORDER TO FIND PEACE OF MIND...”

Elisabeth is an American born artist, songwriter and music producer. who started and owns Featherhead Media (Sweden), a company making inspirational music, books, videos and music videos to help people find peace of mind.

The Change My Mind Project

She started and has been leading a project with twelve other musicians/vocalists to create her full-length debut album, Change My Mind, (to be released this year). It includes 12 original songs with mixed genres: pop; country; rock and gospel.

The album illustrates her journey from a life of stress to one of rest. In a world where we are told that our value is determined by what we produce, she points to an alternative way of seeing one's self worth - one that is based on God's unconditional and tangible love. Her life story is a proclamation and an illustration of how God's love heals the soul and helps dreams come true.

The story of a music dream that died and came back to life

She started writing music at the age of ten and sang in choirs and toured with a band in the greater New York area in her teens. After a few years, the band dissolved. In her senior year at High School, she secured a music scholarship at a major university, but her dad urged her to stop “wasting time” with music. Because she didn't have the backing from home nor the faith in herself as an artist at the time, she put the music aside to study economics and try to climb that career ladder. All the while she kept feeling that something was wrong.

She “hit the wall”

For years, she did everything but music. She married, moved to Sweden, worked within many different vocations, raised her three kids, started an art-on-demand business and worked a day job. “I became increasingly more worn out and sad with every passing day.”

“Life started to get unmanageable. My heart was tired of living. I had been trying to please everyone and prove that I was smart and successful but my soul was fatigued and my energy level was approaching the unchargeable notch”.

She suffered from headaches, heart palpitations, memory loss, bursts of anger, depression and insomnia. She went to a doctor and got told to take some anti-depressants and get some rest. The antidepressants and insomnia pills only reduced the symptoms for a time. They didn't get to the root of the problem. She found that there were deeper questions that needed to be addressed in order for her to be whole and happy again. She began to cut away the “unnecessary”.

“Church responsibilities became just another thing I had to do in a busy week so I stopped going to church. I loved the people and the fellowship but I needed to pull back and rest. I started to seek the Lord about how I felt and He started taking me through a healing process.”

She spent a lot of time reading the Bible looking for wisdom and scoured books and the Internet, analysing articles researching work-related stress and its effects on the body soul and mind. She started to understand reasons for stress and a way out of it. As she saw increasing numbers of her friends falling prey to the stress bug she wanted to do something to help people avoid being burned out. “I started illustrating what stress is and how it feels through my art and started writing about it in my songs. Painting and songwriting became a way of letting out the steam of my soul and became an integral part of healing my body soul and mind”.

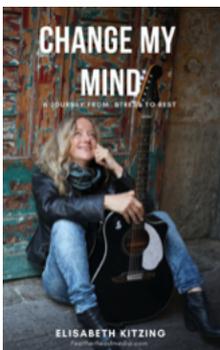
An art show with music about stress that led to a career as a producer.

In 2012, she did an art show discussing the problem of stress called Soul Steam. It had 44 works of art with songs. “Because of the positive emotional response by the visitors of the Soul Steam art show, I was inspired to finally publish my songs.” It took a few years to find a producer, learn how to record, mix and master and find musicians and solo artists to work with. Now, after three years the dream of doing her music is finally becoming a reality.

She is now evolving into an audio engineer/producer. And as of this writing approximately half of the songs are clear for mastering and the other half are being mixed by Elisabeth

“My hope is to get my songs out & encourage others to get their music, art and inspirational work published, too. It's never too late to start. If I can do it anyone can!”

For more information and booking: <https://linktr.ee/ekitzing> or info@featherheadmedia.com



Book in the works by Elisabeth Kitzing/Featherhead Media:

In addition to the Change My Mind album, Elisabeth is in the process of writing a book (over 30,000 words as of date) with the same title as the Change My Mind album. It takes a deeper look into the journey she has taken from trying to prove her worth to resting in God's unconditional love. After telling her story, she takes a chapter for each of the twelve songs and explains each step of the journey in depth.

Music Videos music videos for selected songs are in the process of being made and at least four music videos with songs from the Change My Mind album will be ready for the album release date.

YouTube channel:

https://www.youtube.com/channel/UCYzkKkC_ZmhwhAsZWjVuMQ



Credits on the Change My Mind album:

PG Imsen piano, bass, guitar, drums, midi tracks, and mastering guru at Sonic Media, Sweden; **Jesper Nordberg** awesome upright bass, electric bass prodigy;

Albin Ekman fiddle; **Dan Holmström**, sax; **Johan Malmberg** banjo; **P.O.**

Larsson dobro; **Marko Jelaca** live drums; **Elisabeth Kitzing** lyrics, music,

arrangements, song, guitars, flute, percussions, midi tracks, electric bass and mixing in Logic Pro X, **Anna Löwenmark** solo on the song *Every Day*; **Rebecka Wendesten** solo on the song *Don't Worry*; **Jakob Josefsson**, background vocals on the song *Change My Mind*. **Mastering** will be performed by Panorama Mixing and Mastering Studio, Melbourne, Australia.