



F&M
Fearless and meticulous.
Fragile and melancholy. Fortright and mighty.

F&M's sixth album, *Lessons From Losers*, is all these and more — a sumptuous blend of dark baroque-pop, erudite lyrics and whimsical arrangements, anchored by the disparate voices of Rebecca and Ryan Anderson.

Lessons From Losers was borne from a snow bound winter comforted by red wine and Paul Auster novels. "The title is meant to be thought & conversation provoking rather than a prescriptive statement" suggests Ryan of F&M. Rebecca says, "In our society, winners are often those that pursue their own happiness at any cost. We admire the losers; those that risk their happiness for something they believe in or for those they love — even if it seems to make no sense. We want to celebrate the small beauties of our world and encourage a creative spirit."

Lessons From Losers, co-produced by F&M's longtime collaborator & multi-instrumentalist Bryan Reichert, is a warm and inviting album, largely because it's not afraid to reveal a few harsh truths — and revel in them. From the eye-opening realities of bottle depots ("Quiet Nobility") to the joy and despair of the creative process ("Scribbles On A Sheet") to the drawbacks of distractions ("Council of Misery"), the Andersons teach a master class in resiliency. At a time when music is more disposable than ever, and careers only last a few years, F&M encourage kindred spirits to remain true to their artistry.

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Fall
2018

Lessons From Losers

Independent Release: September 21, 2018

Formats: Vinyl, CD, Digital

***Suggested Tracks in Bold**

1. Cling to the Cold 3:30
2. You Ravenous Heavenly Monster 4:57
3. Colmar 4:08
4. **Council Of Misery** 5:19
5. Winter Lifts Me 5:13
6. Scribbles On A Sheet 4:51
7. **Funeral Director** 3:46
8. **Quiet Nobility** 3:38
9. **Lessons From Losers** 3:40

For Fans of:

Nick Cave, PJ Harvey, Stuart Staples, Lhasa,
Florence & The Machine, Leonard Cohen.

F&M is:

Ryan Anderson: vocals, guitars
Rebecca Anderson: vocals, piano, keys

Additional Featured Musicians:

Bryan Reichert: guitars, violin, midi-horns, bass
on track 7, sound production
Chad Andriowski: drums & percussion
Tom Murray: bass
Jason Kodie: piano on track 3

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"F&M's *Lessons From Losers* is a shot in the dark — a bold Hail Mary awakening full of heavy hues and bittersweet, emotive melodies. Thought-provoking and life-enhancing."
Atwood Magazine, New York

"F&M's latest, *Lessons From Losers*, is an album ripe with intention, often asking more of us than simply to listen."
BeatRoute

"Their often-broke baroque, pop-folk music takes turns embracing the maudlin

and melancholy, but is also warmed with the flickering spirit of resistance."
Edmonton Journal

".. an ethereal, slow, and dreamy form of pop music with classically styled vocals."
Vue Weekly