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**For Immediate Release**

**February 19, 2016**

**FRIGHTENED RABBIT ANNOUNCE THE RELEASE OF**

**“PAINTING OF A PANIC ATTACK”**

**CRITICALLY ACCLAIMED SCOTTISH BAND’S FIFTH STUDIO ALBUM PRODUCED BY AARON DESSNER OF THE NATIONAL**

**U.S. HEADLINING TOUR KICKS OFF ON APRIL 21ST**

**“PAINTING OF A PANIC ATTACK” ARRIVES APRIL 8TH**

Canvasback Music/Atlantic recording group Frightened Rabbit have announced details for their eagerly awaited fifth studio album. Titled *“PAINTING OF A PANIC ATTACK*,” the album was produced by Aaron Dessner of The National and is set to arrive on April 8th.

Dessner – a longtime fan of Frightened Rabbit - had this to say about the record and frontman Scott Hutchison: *“Great songwriters touch a nerve, and I think Scott really touches a nerve with these songs. To me, lyrically, this album is a step above anything he’s written before.”*

“*PAINTING OF A PANIC ATTACK*” is available for pre-order now at all digital retailers (see links below). All pre-orders include an immediate download of the album opener “Death Dream” (<https://youtu.be/YYLZrCuhu_0>) as an instant gratification track. Pre-orders through the Frightened Rabbit store also get access to exclusive pre-sale tickets for Frightened Rabbit’s upcoming U.S. tour. For more information, please visit <http://smarturl.it/FrabbitStore>.

 Announced on [Pitchfork](http://pitchfork.com/news/63289-frightened-rabbit-announce-new-album-painting-of-a-panic-attack-share-death-dream-plot-tour/) this morning, the cross-country trek is the critically acclaimed Scottish band’s first stateside tour in nearly three years, and kicks off on April 21st at the Wonder Ballroom in Portland, OR. Highlights include stops at New York City’s Terminal 5 on May 5th and Los Angeles’ Fonda Theatre on May 24th as well as a performance at Atlanta’s Shaky Knees Music Festival on May 15th and Sasquatch! on May 29th (full itinerary below). General on-sale begins on February 26th at 10AM local time, with the aforementioned pre-sale beginning on Wednesday, February 24th at 10AM local time. For more information, please visit [TK].

*“PAINTING OF A PANIC ATTACK”* was recorded at Dessner’s Brooklyn studio - where The National also recorded The National’s *“HIGH VIOLET”* and *“TROUBLE WILL FIND ME*” - and at Dreamland Studio in Woodstock, NY in the summer of 2015. Much of the album is indebted lyrically to Los Angeles, where frontman Scott Hutchison moved to from Scotland in 2014 Tracks such as “Get Out,” the lead single which chronicles an addictive and obsessive love, and “Still Want To Be Here,” telling of his struggle with adjusting to life in LA, perfectly encapsulate the mindset of the Frightened Rabbit frontman since the band’s last release. And, of the album closer “Die Like A Rich Boy,” Dessner says, *“[It] feels like a completely classic song, but it’s also a distillation of everything Scott has ever written about. It’s so gracefully constructed and realized, and it’s not trying to be anything other than what it is. I wish I could write a song like that”* (full track listing below).

*“PAINTING OF A PANIC ATTACK”* follows 2013’s major label debut *“PEDESTRIAN VERSE”* which saw the band land their highest ever charting, hitting the Top 10 in the UK. The band also received critical acclaim from a wide spectrum of American press, with praise coming from mainstream outlets like *Rolling Stone* and *Time* as well tastemaker blogs like *Pitchfork* and *Stereogum*. The band’s emotionally charged live shows have earned a devoted fanbase, which includes bands like Death Cab For Cutie and The National – both of whom have handpicked Frightened Rabbit to support them on extensive tours. National television appearances include performances on “Late Night with Jimmy Fallon,” “Conan,” and “The Late Show with David Letterman.”

Frightened Rabbit are: Scott Hutchison (lead vocals/rhythm guitar), Grant Hutchison (drums), Billy Kennedy (bass), Andy Monaghan (guitar/keys) and Simon Liddell (guitar/keys)

Website - <http://www.frightenedrabbit.com/>

Facebook - <https://www.facebook.com/frightenedrabbit>

Twitter - <https://twitter.com/FRabbits>

Instagram - @frabbits

PRE-ORDER/STREAMING LINKS

<http://smarturl.it/POAPA.Spotify>

<http://smarturl.it/POAPA.Amazon>

<http://smarturl.it/POAPA.iTunes>

<http://smarturl.it/POAPA.GooglePlay>

<http://smarturl.it/FrabbitStore>

(TRACK LISTING AND TOUR ITINERARY ATTACHED)

**FRIGHTENED RABBIT**

**“Painting Of A Panic Attack”**

Available April 8, 2016

(Canvasback Music/Atlantic)

1. Death Dream
2. Get Out
3. I Wish I Was Sober
4. Woke Up Hurting
5. Little Drum
6. Still Want To Be Here
7. An Otherwise Disappointing Life
8. Break
9. Blood Under The Bridge
10. 400 Bones
11. Lump Street
12. Die Like A Rich Boy

**FRIGHTENED RABBIT**

**U.S. TOUR 2016**

(Caveman supporting on all dates)

**APRIL**

21 Portland, OR Wonder Ballroom

22 Boise, ID Knitting Factory

23 Salt Lake City, UT The Complex

24 Denver, CO Ogden Theatre

27 Minneapolis, MN Varsity Theater

28 Milwaukee, WI Pabst Theater

29 Indianapolis, IN The Vogue

30 Detroit, MI St. Andrews Hall

**MAY**

2 Columbus, OH Newport Music Hall

3 Louisville, KY Headliners Music Hall

5 New York, NY Terminal 5

6 Philadelphia, PA Electric Factory

7 New Haven, CT College Street Music Hall

8 Washington, D.C. 930 Club

9 Boston, MA House of Blues

12 Saxapahaw, NC Haw River Ballroom

13 Knoxville, TN The International

15 Atlanta, GA Shaky Knees Music Festival

17 San Antonio, TX Paper Tiger

18 Dallas, TX Granada Theatre

20 Phoenix, AZ The Crescent Ballroom

21 Solana Beach, CA Belly Up Tavern

24 Los Angeles, CA The Fonda Theatre

26 San Francisco, CA The Regency Ballroom

27 Sacramento, CA Ace of Spades

27-30 George, WA Sasquatch! Festival

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