  
**Releases The Library Sessions**

**Inspired By Crossover Hit Single**

**“A Symptom Of Being Human”**

**Special Giving Tuesday Broadcast Benefiting American Foundation for Suicide Prevention**

[**PRESS HERE**](https://youtu.be/QXNguVK6iKs) **To Watch**

***Somewhere In The Stratosphere* 2011 Live Album Limited-Edition 4LP Vinyl Set Out December 8th**

A group of men sitting on stairs

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(Photo Credit: Sanjay Parikh)

**November 28, 2023 – Multi-platinum, chart-topping band Shinedown** has released **The Library Sessions** inspired by their current crossover hit single **“A Symptom Of Being Human**.**”** In the spirit of **Giving Tuesday**, today’s special broadcast event is benefiting the **American Foundation for Suicide Prevention (**[**AFSP**](https://afsp.org/)**)**, an organization dedicated to saving lives and bringing hope to those affected by suicide that Shinedown has been supporting for over a decade. [**PRESS HERE**](https://youtu.be/QXNguVK6iKs) **to watch**. **The Library Sessions** video features stripped-down, acoustic performances of **“A Symptom Of Being Human”** and **Shinedown’s previous #1 rock anthem “GET UP”** along with the band reading real fan stories that were submitted to the [**Symptom Library**](https://library.shinedown.com/). Through their lyrics and sharing their own personal stories as well as providing a safe space for fans to express their life struggles, **Shinedown** continues to shine a light on mental health awareness two decades into their record-setting career, while also reminding us of the importance of human connection and that we are not alone in this world.

“For over a decade, we have had the honor of working with the AFSP,” shares **Shinedown front** **man Brent Smith**. “Mental health is not a term to be taken lightly under any circumstances. We are all a work in progress, and we will all be challenged in our lifetime. That being said, we know we live in a world that has countless obstacles that we must overcome on any given day, and at times it can feel overwhelming. Remember, life is a journey…When we got the chance to sit down together and read fan-submitted stories, it once again showed us the power of humanity and served as yet another reminder that we’re not alone. This was something to be celebrated.”

While **Shinedown** is the most successful rock radio band of all time, **holding the record for the most mainstream rock #1s in Billboard history**, they believe that **music is universal and doesn’t have to be put in a genre box**.With an uplifting and important message about how we are all a work in progress, **“A Symptom Of Being Human”** continues to resonate with listeners. Following its impact at **Hot AC** this summer, where it reached **Top 15**, the song is currently rising up the **Active Rock and Alternative** radio charts, where it just **hit** **Top 10** and is nearing **Top 15,** respectively. **Shinedown**’s exploration of theresilience of the human spirit, experiences with mental health, and the importance of empathyshine through in the track reminding us that we are more similar than we are different. [**PRESS HERE**](https://www.youtube.com/watch?v=tmMOMK5c4EY) **to watch the official music video for “A Symptom Of Being Human.”** Shinedown has also released a variety of remixes for the hit song – including a [pop remix](https://shinedown.lnk.to/asobhRemix), [acoustic version](https://shinedown.lnk.to/ASOBHAcoustic), and [piano version](https://open.spotify.com/album/6M3CZs2rZfkmX4NMbyKV4s?si=kZLTgw1RSyafNyjc1J4S4Q) – and performed **“A Symptom Of Being Human”** on ***Live with Kelly and Mark*** in September. Collectively, **“A Symptom Of Being Human,”** off the band’s acclaimed seventh studio album [***Planet Zero***](https://shinedown.lnk.to/planetzero) (Atlantic Records), **has amassed over 33 million streams.**

In other news, **Shinedown** is gearing up to release their 2011 live album, ***Somewhere In The Stratosphere***, for the first time on vinyl on **Friday, December 8th.** The limited-edition red, black, and beige splattered 4LP set includes the band’s multi-platinum hit single **“Second Chance”** and their platinum single **“If You Only Knew”** as well as covers of **Foo Fighters’ “Times Like These”** and **Lynyrd Skynyrd’s “Simple Man”** and much more. ***Somewhere In The Stratosphere*** (Atlantic Records)is comprised of two full live show recordings: an electric set from Washington State and an acoustic set from Kansas City. The ***Somewhere In The Stratosphere* 4LP vinyl set** is available exclusively via Shinedown’s official store – [**PRESS HERE**](https://Shinedown.lnk.to/SitS) to pre-order.

**ABOUT SHINEDOWN**

Multi-platinum band Shinedown **–** **Brent Smith**[vocals],**Zach Myers** [guitar], **Eric Bass**[bass, production],and**Barry Kerch**[drums] **–** embody the kind of creative dynamism, constant evolution, singular vision, and an uncompromising honestythat transcends boundaries.  The record-breaking band, known for their timely and timeless messages behind their chart-topping songs that resonate with not only their global audience and the rock community, but our culture at large, has achieved astronomical successwith **20 #1 rock hits, 15 platinum and gold singles, platinum or gold certification for every album, billions of global streams, and 10 million albums sold worldwide.** Shinedownhas also becomean essential cultural force as evidenced by their **major media acclaim**, with looks including *USA Today, PEOPLE, HuffPost, Forbes, Salon, Consequence, Men’s Journal, Buzzfeed, Interview Magazine,* and *Grammy.com*, and participation in the prestigious 92Y Talks series**.** The band was named **#1 on Billboard’s Greatest Of All Time Mainstream Rock Artists Chart,** after notching the **most ever #1s (18) in the 40-year history of the Mainstream Rock Songs Chart.** Their latest album, 2022’s [***Planet Zero***](https://shinedown.lnk.to/planetzero), debuted in the **Top 5 on the Billboard 200 Chart and the Official UK Albums Chart** and at **#1 on six other Billboard charts** including **Top Album Sales, Rock, Hard Rock, and Alternative Albums Charts**, and spawned **3 #1 rock singles**.In addition to their chart success, Shinedown is also a top touring act, selling out countless amphitheaters and arenas across the country and headlining every major rock festival with their electrifying live show.

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