

<b>Band</b>	Fred Mika
<b>Style</b>	Hard Rock
<b>Album</b>	Withdrawal Symptoms
<b>Release</b>	May 4, 2018
<b>Website</b>	<a href="https://www.facebook.com/officialmusikrecords/">https://www.facebook.com/officialmusikrecords/</a>
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## WITHDRAWAL SYMPTOMS – THE THIRTY THREE YEARS CELEBRATION, BY MYSELF

The last couple of weeks I kept thinking how to explain the reason for this album. First of all, there's no reason to explain if the essence is only music. Well, you don't have to explain inner feelings but the wheels keeps on turning...

Since 1984 I have been active in music. First guitar and piano, but soon the drums were calling. My band Sunroad formed in August 1996 and I never looked back.

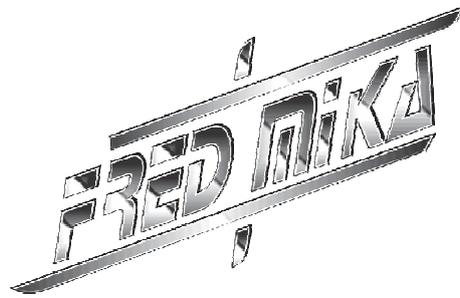
Sunroad toured and shared stages with many great names of the music scene, such as Joe Lynn Turner, Doogie White, L.A. Guns, Mad Max, Whitecross, Stryper, Narnia, Dr. Sin, and many others. And I chose a few people from those encounters as special guests. The ones that would give a voice to this subjective experience and feelings that we call music!

Some years ago, I had a good offer for a Project which may be a kind of kaleidoscope from the spirit of my career, mainly regarding the Sunroad years. Yes, Sunroad is still alive and well. A title came into my mind, Withdrawal Symptoms. A name which means the absence of our own essence, or the absence of the way to feel ourselves, our essence to let it flow. Then, I decided to focus on the singers. My main choices were the ones I got strong impressions from along all these decades in music. From their abilities, their music and how it influenced me at some point along the way. Important names like the Canadian Carl Dixon (Coney Hatch, April Wine, Guess Who) or the great multi-talented Michael Voss from Germany (Mad Max, M.S.G., Casanova and many) and the multi-instrumentalist and singer from France, Steph Honde (Hollywood Monsters). As I based my first steps and career in Brazil, it would be unfair if I didn't work with Brazilian singers. But how could I choose from that ocean of highly talented singers? The answer is the same, the ones I respect not only as singers but as person too. In some way, I see their spirit in my music too, names like Mario Pastore, Rod Marena, Daniel Vargas, Tito Falashi, Haig Berberian and, of course, the helpful Sunroad singer, Andre Adonis.

Why the focus on the singers? 'Cause I'm the drummer, right? And, of course, the singers are the best way to give a "voice" to my compositions. André Adonis recorded all guitars, bass and keyboards parts, as we were creating the songs. And together we added the harmony vocals. Many thanks to this real co-musician and co-composer too.

And now, I'm inviting you to join us in the thirty-three years celebration, let it flow. A spirit of it all captured by some of best musicians in the world. A celebration of life. So, feel it, enjoy it. And keep on rockin'!

Gratefully, forever! Fred Mika



## Social

YouTube - [www.youtube.com/user/RockCompanyNL](http://www.youtube.com/user/RockCompanyNL)

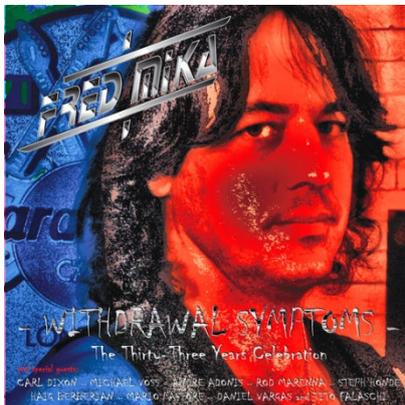
Facebook - <https://www.facebook.com/officialmusikrecords/>

## Availability

The album is available in digital formats through all major outlets.

A CD version is available through [CDBaby \(www.cdbaby.com\)](http://www.cdbaby.com) and the bands label [Rock Company \(www.rockcompany.nl\)](http://www.rockcompany.nl) and various retailers. Distribution in EU by Rock Inc./Bertus.

## Cover art and Tracks:



1	The Coming of Symptoms	0:49
2	Wired In	4:17
3	Artwork Nightmare	4:19
4	Sly Side Effect	5:30
5	Silence In Heaven	4:41
6	Saints Spirits Slave Sinners	5:34
7	First Day Without You	6:04
8	Sharppia	1:57
9	Dawning Of Aquarius	6:08
10	Second Skin Arena	5:14
11	Miss Misery	4:38

Contact us at [info@rockcompany.nl](mailto:info@rockcompany.nl) for more information or interviews. And please inform us about reviews, so we can link to it on our social networks and website.



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Thanks and all the best!

PS: find this and a high resolution cover at <https://rockcompany.nl/links/press/>