

Stamina

Band	Stamina (It)
Style	Power / Progressive Metal
Album	Live In The City Of Power
Release	April 3, 2019
Website	https://www.facebook.com/staminaitalianband/
Contact	lucastamina@libero.it
FFO	Royal Hunt, Symphony X

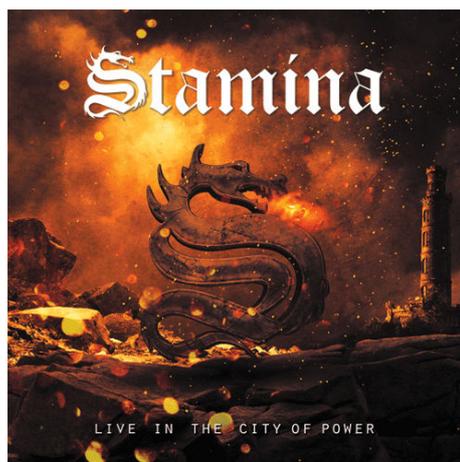
Italian melodic/progressive metal band STAMINA is the brainchild of guitarist and songwriter Luca Sellitto. Since the beginning, the band's aim has been to create a personal style of music, combining a wide range of influences ranging from melodic power metal to progressive rock, hard-rock and fusion.

STAMINA recorded the first unofficial demo "The Demo Songs" in February/March 2003 and the second demo "Here To Stay" in July 2004. Both demos gained exceptionally great reviews in various Italian webzines and magazines, and the band started to promote its name playing live everywhere in the South of Italy.

Now, after 4 studio albums, gathering a plethora of rave reviews, playing all over Europe with bands and artists such as Royal Hunt, Russel Allen, Edu Falashi, or as a headliner, collaborating with very special guest singers such as Goran Edman (ex Yngwie Malmsteen), Nils Molin (Amaranthe, Dynazty), Henrik Brockmann (ex Royal Hunt), it is time for a live album. Recorded in September 2018 at "City of power Festival" in Zgierz, the city of power in Poland, this has become an amazing CD / DVD combination, containing 9 powerful songs from their catalogue.

Tracks:

1	Why?	06:02
2	Must be blind	05:17
3	Higher	05:51
4	Love was never meant to be	05:07
5	One in a million	06:18
6	Perseverance	05:06
7	Holding on	05:19
8	Breaking another string	06:35
9	Eyes of the warrior	05:38



Band:

Alessandro Granato - Vocals
Luca Sellitto - Guitars
Giovanni Sellitto - Keyboards
Carmine Vivo - Bass
Federico Cozza - Drums

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On www.youtube.com a video teaser is available. And a video for Breaking Another String will soon be up as well.

Availability:

The album will be available in digital formats on all major retailers. A CD version is amongst others available at the band's label Rock Company. A pre order for the album will run from early March, on Rock Company and Bandcamp.

Distribution Europe by Rock Inc. / Bertus, rest of the world by CDBaby.

Contact us at 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.



Rock Company
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Thanks and all the best!

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

Discography

1. Permanent Damage (2007)
2. Two of a Kind (2010)
3. Perseverance (2014)
4. System of Power (2017)