**1. “Get A Life.”** “I wrote this song while I was doing a meditation retreat at a monastery in upstate New York. I was feeling frustrated with myself for not being fully in the moment; I just kept thinking, ‘There’s so much beauty around you, why can’t you experience it instead of being so focused on the future?’ The title is meant to twist the meaning of ‘get a life,’ to make it about enjoying your life by actually being present.”

**2. “Habit.”** “‘Habit’ is another song that came from living in my head rather than experiencing life in a more direct way. It’s about how I tend to over-intellectualize what I’m going through instead of just allowing myself to feel my emotions, and I love how all the distortion and guitars really serve the anxious feeling of the song itself.”

**3. “Carrot Fingers.”** “I was in a very dark place and struggling with my OCD and wrote ‘Carrot Fingers’ all in one go. It’s about being scared of experiencing my emotions, but it’s also about the fragility of the body and of life in general. Once I was able to sit down and finish the song, it was a huge sigh of relief—it felt like I was finally able to move on.”

**4. “Dagger Song.”** “‘Dagger Song’ was also written in one go, but it’s a nice example of letting myself sit in my feelings rather than intellectualizing or analyzing them from a distance. Someone I was very close with for a long time decided to stop speaking to me, and I wrote this song about our matching dagger tattoos and about mourning our relationship overall.”

**5. “Bad Dog.”** “It’s a song about being in love with somebody I wasn’t supposed to be in love with, which is all I can really say about that.”

**6. “Quick Fix.”** “I was dealing with writer’s block, spending most of my days alone in my apartment and smoking all the time. I wrote the first verse to ‘Quick Fix’ and then went on tour and quit smoking, and when I came back I tried to revisit but felt stuck again. I decided to smoke a cigarette, and pretty much finished the song right away.”

**7. “Absence Makes the Heart Grow.”** “I was in an on-and-off relationship for a long time, and at some point I realized it wasn’t going to work anymore. The lyrics are a play on the idea of absence making the heart grow fonder, because in my case the complete opposite was true.”

**8. “Go Fetch.”** “I wrote ‘Go Fetch’ when I was still in college and going through the same routine every single day: wake up, go to class, come home, work, go to bed, do it all again the next day. I started thinking about my childhood dog Sparky and how his life was the same thing day after day, and it turned into a song about feeling exhausted by how monotonous life can be.”

**9. “When I’m In Hell.”** “For no apparent reason, I have a core belief that I’m a bad person. This song came from painting myself as a character and leaning into that bad-person narrative, even if realistically I know it’s not true.”

**10. “Unveiling**.” “A couple summers ago I went to an unveiling for my great aunt and ended up meeting father’s cousin and his wife, who was pregnant at the time. They lived in New York and invited me to come to meet the baby when she was born, and I was so excited to connect with these family members that I didn’t even know I had. I started to write a song about that experience and I had everything up until the bridge, and then I found out the baby was stillborn. When I went back to finish the song, I wrote the rest about the loss of the baby, whose name was Adalie. Before we recorded it I met up with my cousin and his wife and played ‘Unveiling’ for them, and they gave me permission to put it on the album and to use Adalie’s name. It was such a horrible tragedy, but I feel so grateful to have them in my life.”

**11. “Sideways.”** “‘Sideways’ is tough for me to talk about, but it has to do with my habit of keeping secrets from others, or hiding certain things from people out of the belief that it’s for their own benefit.”

**12. “Where The Earth Bends.”** “This song is about one of my early memories, a very defining moment of looking out onto the horizon and noticing that you can see where the Earth bends. To me it’s sort of a metaphor for struggling with all the uncertainty in life, but also recognizing that there’s something beautiful in not knowing what’s coming. When we recorded it for the album, I just sat on the floor and played my guitar and sang—we got it all in one take and left it at that, because the lyrics really speak for themselves.”