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**MIGHTMARE RELEASES ANIME MUSIC VIDEO FOR SINGLE “EASY” FROM  
FORTHCOMING DEBUT ALBUM *CRUEL LIARS***  
**([YOUTUBE](#) | [SMART LINK](#))**

**NEW SOLO PROJECT FROM SARAH SHOOK (OF SARAH SHOOK & THE  
DISARMERS) COMES OUT ON OCTOBER 14 VIA KILL ROCK STARS**  
**([PRE-SAVE/PRE-ORDER](#))**

**NEWLY ANNOUNCED OCTOBER TOUR DATES ([LINK](#))**

Nashville, TN – Last month, Sarah Shook (of Sarah Shook & the Disarmers) announced their new indie rock/dark pop solo project Mightmare and a debut album *Cruel Liars* (out on October 14 via Kill Rock Stars). Today, Mightmare is releasing a new single “Easy” via streaming platforms ([LINK](#)), along with an anime music video ([LINK](#)).

“[The single] is easily the most lighthearted song I’ve written,” Shook says. “I felt like anime was the perfect way to tease the innocence and agony of exploring a new love interest.”

In addition to the new single and video, Mightmare announced a run of October tour dates, marking the group’s first public performances. Dates can be found [here](#) and at the bottom.

Mightmare came about as an intrinsic need to create and express when Sarah Shook & the Disarmers were grounded from touring during the global pandemic in 2020. Fresh off becoming sober, Shook devoted newly available time and energy into the comprehensive process of making an album from start to finish. As a result, *Cruel Liars* is almost completely self-made and was written, produced, and engineered by Shook.

“I created my solo project Mightmare and leaned into it obsessively for the first year of the pandemic and out of that manic fixation came *Cruel Liars*,” Shook says. “I put every cell and strand of my being in this album, I’m proud of it for its brightest moments and its glaring imperfections, for its darkness and its quiet hand guiding me to zeniths of personal truths.”

The debut album’s eight songs are brimming with textured emotion, anthemic energy, and striking depth. *Cruel Liars* is accessible at any entry point – whether it’s a crawling,

cinematic indie rock feel of lead single “Saturn Turns” or the uplifting electronic production of “Easy” – and unlike anything Shook has done before.

**Mightmare – October Tour**

October 19 – **Charlotte, NC** – Snug Harbor  
October 20 – **Atlanta, GA** – 529  
October 21 – **Greenville, SC** – Radio Room  
October 22 – **Nashville, TN** – The Basement  
October 23 – **Knoxville, TN** – Pilot Light  
October 24 – **Columbus, OH** – Rumba Café  
October 25 – **Pittsburgh, PA** – Club Café  
October 27 – **Cincinnati, OH** – Southgate House Revival  
October 28 – **Urbana, IL** – Rose Bowl Tavern  
October 30 – **Chicago, IL** – Empty Bottle

For press information about Mightmare,  
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