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# ELISABETH KITZING

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*“I NEEDED TO CHANGE MY MIND IN ORDER TO FIND PEACE OF MIND...”*



*Elisabeth is an American born artist, songwriter and music producer. who started and owns Featherhead Media (Sweden), a company making inspirational music, books, videos and music videos to help people find peace of mind. For the past three years she has been leading a project with ten musicians to create the full-length album, Change My Mind, (to be released this year). It includes 12 original songs with mixed genres: indie pop; country; rock and gospel. The album illustrates her journey from a life of stress to one of rest. Her life's story, expressed in the songs, gives stressed out people hope. She points to an alternative way of seeing one's self worth - one that is based on God's unconditional love.*

## **The story of a music dream that died and came back to life**

She started writing music at the age of ten and sang in choirs and toured with a band in the greater New York area in her teens. After a few years, the band dissolved. In her senior year at High School, she secured a music scholarship at a major university, but her dad urged her to stop “wasting time” with music. Because she didn't have the backing from home nor the faith in herself as an artist at the time, she put the music aside to study economics and try to climb that career ladder. All the while she kept feeling that something was wrong.

## **She “hit the wall”**

For years, she did everything but music. She married, moved to Sweden, worked within many different vocations, raised her three kids, started an art-on-demand business and worked a day job. “I became increasingly more worn out and sad with every passing day.”

*“Life started to get unmanageable. My heart was tired of living. I had been trying to please everyone and prove that I was smart and successful but my soul was fatigued and my energy level was approaching the unchargeable notch”.*

She suffered from headaches, heart palpitations, memory loss, bursts of anger, depression and insomnia. She went to a doctor and got told to take some anti-depressants and get some rest. The antidepressants and insomnia pills only reduced the symptoms for a time. They didn't get to the root of the problem. She found that there were deeper questions that needed to be addressed in order for her to be whole and happy again. She began to cut away the "unnecessary".

*"Church responsibilities became just another thing I had to do in a busy week so I stopped going to church. I loved the people and the fellowship but I needed to pull back and rest. I started to seek the Lord about how I felt and He started taking me through a healing process."*

She spent a lot of time reading the Bible looking for wisdom and scoured books and the Internet, analysing articles researching work-related stress and its effects on the body soul and mind. She started to understand reasons for stress and a way out of it. As she saw increasing numbers of her friends falling prey to the stress bug she wanted to do something to help people avoid being burned out. "I started illustrating what stress is and how it feels through my art and started writing about it in my songs. Painting and songwriting became a way of letting out the steam of my soul and became an integral part of healing my body soul and mind".

### **An art show with music about stress that led to a career as a producer.**

In 2012, she did an art show discussing the problem of stress called Soul Steam. It had 44 works of art with songs. "Because of the positive emotional response by the visitors of the Soul Steam art show, I was inspired to finally publish my songs." It took a few years to find a producer, learn how to record, mix and master and find musicians and solo artists to work with. Now, after three years the dream of doing her music is finally becoming a reality.

She is now evolving into an audio engineer/producer.

*"My hope is to get my songs out AND encourage others to get their music, art and inspirational work out there, too. It's never too late to start. If I can do it anyone can!"*

For more information and booking: [www.featherheadmedia.com](http://www.featherheadmedia.com)



### **Also from Elisabeth Kitzing/Featherhead Media:**

In addition to the Change My Mind album, Elisabeth is in the process of writing a book with the same title as the Change My Mind album, and making music videos for selected songs. They can be seen on YouTube as they are released:

[https://www.youtube.com/channel/UCYzkKKC\\_ZmhwhAsZWejVuMQ](https://www.youtube.com/channel/UCYzkKKC_ZmhwhAsZWejVuMQ)

### **Musicians on the Change My Mind album:**

**PG Imsen** piano, bas, guitar, drums, midi tracks, and mastering guru at Sonic Media, Sweden; **Jesper Nordberg** awesome upright bass, electric bass prodigy; **Albin Ekman** fiddle wiz; **Dan Holmström**, sax master; **Johan Malmberg** smooth banjo; **P.O. Larsson** dobro; **Marko Jelaca** awesome live drums pro; **Elisabeth Kitzing** lyrics, music, arrangements, song, guitars, flute, percussions, midi tracks, some electric bass and mixing, mastering at the Featherhead Media Studio; **Anna Löwenmark** solo on the song Every Day; **Rebecka Wendesten** solo on the song Don't Worry; **Jakob Josefsson**, background vocals on the song Change My Mind.

