

# Ann-Britt

## BIO

### • THERE IS ALWAYS...ANOTHER WAY •

*The story of singer/songwriter/pianist Ann-Britt is that of a superheroine...only she is the most gently inspiring one you will ever see elegantly suiting up for duty. The Denmark-native - once a joyfully active national champion swimmer, Pilates instructor, swim coach, singer, mother, and wife - was suddenly stricken with a series of physically debilitating illnesses that put an abrupt end her multi-faceted physical pursuits. Her initial emotional weather report was dark and stormy. Yet with the fortitude of a steadfast athlete and the spirit of a fearless creative, she focused on her love for conjuring beautiful melodies and angelic singing, then wedding them to spirit-lifting lyrics. In so doing, she found the most resounding of ways to convalesce herself through crushing adversity and into music that could inspire herself first...then others. Ann-Britt arrived at a rarified space in her middle age to - at long last - share her story through songs of poetic introspection and inspiration, resulting in her heart-stilling debut recording: Another Way.*

*The 13-song Another Way transports the listener both inward and outward. Inward, songs such as "Another Way," "No Solitary Tears" and "Home Away" (recorded twice in English and the Danish translation "Mit Kære Hjem") are soothing balms for the soul that, in turn, tilt heads skyward and spirits to the key of resilience. Outward, there are the love songs "You're The One That I Like," "You Found Her" and "Roses and Rain" that romantically detail her relationship with her selflessly supportive husband.*

*Throughout, Ann-Britt's haunting voice and piano are buoyed by co-arranger Sebastian "Seba" Cortes, a renowned musician/musical director/arranger from Chile (producing its version of TV's "The Voice"). Together they have shared a unique and dynamic chemistry from the very beginning. His choices and taste fit Ann-Britt's songs like a glove and their intercontinental creative conferences honed her pieces to perfection.*

*In abbreviated form, Ann-Britt's active life abruptly changed in May 2018 when she suddenly found herself fatigued and unable to eat much without experiencing severe nausea. By August, she was wheelchair-bound and, four years later, found herself existing on a liquid diet administered through a G-J feeding tube 17 hours a day. The diagnostic process took years and years with countless tests, surgeries, procedures, evaluations, and hypotheses - by physicians from around the world - all in Herculean attempts to figure out what had happened to this beautiful, once-vibrant woman. She was finally diagnosed with the genetic connective tissue disorder, Ehlers Danlos Syndrome (EDS). This was accompanied by other disorders that include dysautonomia, sensitivity to light and sound (especially overlapping conversations or competing background sounds), overstimulation from her surroundings, seizures, brain fog, etc. All of which makes day to day living, not to mention pursuing an uplifting career in music, unfairly wearying.*

Ann-Britt and her artistry have benefitted from several key people. Sergio Villegas (also from Chile) went from getting her singing gigs and accompanying her live before her illness to comforting her with bedside guitar serenades afterward. Ultimately, he was the one to suggest Ann-Britt transform her stream of conscious notes into songs. He then introduced her to Sebastian who fell in love with her beautiful music from the start. Their first collaboration was "Home Away," about Ann-Britt missing Denmark and not being able to travel to visit her family and friends because of her condition.

It was her father's love for Jazz, Classical, Danish Folk Music and American Standards that subconsciously steered Ann-Britt toward her affection and appreciation for ballads. Her mother sang in Danish church and performed in musical revues. She and Ann-Britt often reveled in the joy of music singing around the house and in the car. As a child, she went from making up melodies while riding her lil' green bicycle, singing leads in church, and performing at world-famous Tivoli Gardens in Copenhagen to moving to California and appearing in local productions of Broadway musicals. Along her journey through musical styles and idioms, Ann-Britt discovered Linda Ronstadt's breakthrough 1984 album of Nelson Riddle-orchestrated standards, *Lush Life*, reconnecting full-circle to the music that moves her most: ballads. Ann-Britt also drew inspiration from Norwegian singer-songwriter Sissell, Sarah McLaughlin, Norah Jones, Eva Cassidy, Karen Carpenter, and the iconic Joni Mitchell.

Ann-Britt's most acclaimed song to date is "Butterfly," composed at a very low point in her illness. "Not knowing what was wrong with me and having my happy lifestyle taken away from me was too much to bear," she shares. "Despite all this, I still believed that staying strong and positive was the best way through, and that, somehow within me, my 'butterfly-soul' would find 'another way.'"

When it came time to record "Butterfly," Ann-Britt suggested to Sebastian that she wanted the feeling to mirror the film score at the end of "Forrest Gump" when the title character sees a butterfly. "Butterfly," begun as inspiration for herself to escape her own misfortune, became an inspiration for others when it was selected for consideration as an anthem for human trafficking victims in the Coachella Valley's "Songs for Freedom" songwriting contest. Ann-Britt, a perfectionist, works best alone at the piano or in front of her laptop in her quiet studio with candles and fireplace glowing, writing her songs on the mic with the program Logic and/or creating her Garage Band demos. She exercises fastidious patience while working, doing as many takes as needed to shape them exactly the way she wants them - free from outside distraction or interference.

Now, Ann-Britt literally stands on the precipice of fulfilling her dream of being a life coach of the highest artistic order via the elevating songs of her honorable yet hard-wrought debut album, *Another Way*. She initially wrote the title track for her two young adult children as she saw them going through their own trials of life. Today, she feels it is apropos for anyone who needs reassurance to never give up. "It has always been my natural instinct to inspire and give hope to others," Ann-Britt concludes, "particularly as it pertains to my living with dyslexia (or "word blind" in Denmark). I always strived to be a teacher to help people find another way...in whatever challenges that life throws at them. The world today is a scary, stressful place... My greatest satisfaction comes when I can make anybody's life better. All of that comes out of me now...like a flower in full bloom."