

lisa heller

"pity party"



"Talking myself through/ my tenth breakdown this week..." So starts the song "pity party" out June 22nd. As the world grows wearier than ever, young Los Angeles pop singer/songwriter Lisa Heller takes us on a melancholy ride through the circus of the mind. The track was conceived during the first few months of quarantine, when Lisa, like so many others from all walks of life, battled with depression and feeling bad about being depressed. This is a song for those who struggle with spiraling. The music video stretches the metaphor of a "pity party" to the fullest extent, featuring multiple Lisas having their own dystopian gathering.

"I think everyone has these feelings about their life at moments," Lisa says. "Everyone is capable of getting in those head spaces, but we're also capable of getting back out of them. I wanted to stop feeling sorry for myself, acknowledge that this is a part of life, and turn the subject matter on its head with a whimsical production and chorus."

Lisa built the song virtually along with Bay Area songwriter Meghan Williams and Nashville producer Will McCoy. "It was such an isolating time for everyone," Williams says, "But believing in this process and dream while not being able to see the way forward was empowering. It took real determination to move through and be able to create in that moment; not knowing where it all will lead but still showing up."

The track is the third and final single off Lisa's forthcoming 6-song EP "is anyone listening?" due out July 15th. Link to the "pity party" music video as well as the preview full EP below.

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