

# avoidance theory

## the shape of trees

### Press quotes from their previous Promise To The Refrigerator EP:

"Promise to the Refrigerator is a hypnotic, almost downbeat journey, as delicately beautiful as a spiderweb"  
- *Splendid E-zine*

"This is where a lot of music is headed. Experimenting and mixing musical styles ... an intensity that belies the simplicity of the sound" - *South of Mainstream*

"... a homemade record that transcends home production ... reminiscent of a lounge scene in a David Lynch film"  
- *Sponic*

"The Twin Peaks of bedroom pop"  
- *Erasing Clouds*

"Somewhere between Joy Zipper and Low, you will find Avoidance Theory: steadily rolling along with emotive, sparse, cross-gender harmonies"  
- *Lost At Sea Online*

"The songs on Promise to the Refrigerator are delicate, sensitive, and, unlike many other acts doing the same thing, are interesting" - *Mundane Sounds*

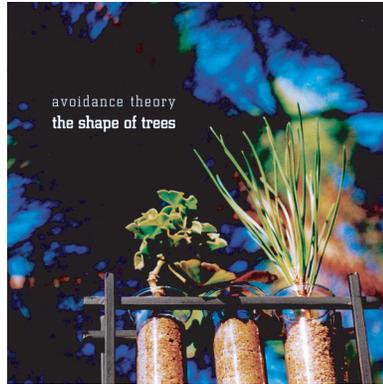
"... an amazing pretty album with quite a bit to listen to, despite its diminutive stature" - *Indie Workshop*

### Recommended for fans of:

Rilo Kiley, Grandaddy, Sparklehorse, East River Pipe, Yo La Tengo, Low

### More info available at:

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Avoidance Theory continues their approach to quirky pop-folk songs in their tree themed album, **THE SHAPE OF TREES**. The tracks vary from the gentle whisperings in "Neck of the Woods" and "Emotion Sickness" to more whimsical items like the buzzy, cicada infused "Welcome Fits". In creating the songs, they sought to translate into music that spectacle of the change of seasons that sweep through the trees. The perennial transformations of the trees represents an extension of what's musically in their hearts: humble melodies and acoustic guitar wrapped in layers of sounds and sporadic experimental weirdness.

This is the second **Shmat Records** offering from the Alhambra, CA based married duo, consisting of Bryan and Linda. Their earlier debut EP release, **PROMISE TO THE REFRIGERATOR** was well received by both the indie music press and college radio leading to interviews at **Lost At Sea Online** and regular rotation on radio stations like **KDVS, KCPR, TITAN RADIO, and SOMA FM**.

### Track Listing

1. Otto de Auto
2. Welcome Fits
3. Neck of the Woods
4. The Shape of Trees
5. Hibernate
6. Summery Action Films
7. Emotion Sickness
8. Rocking Horse Race
9. United Organ
10. The Love and Truth

Avoidance Theory was initially formed in 2001 as a 4-track bedroom project. A noticeable style began to form which combined a "Twin Peaks"-esque approach to folk songwriting along with vocal harmonies reminiscent of **Rilo Kiley** and **Low**. With the encouragement from friends who heard the songs, they decided to release an EP and play some local shows. Though they've now left the four track world behind in favor of technology (a slightly better computer soundcard) they've stuck to their lo-fi roots by incorporating occasional experimental sounds in their latest songs.