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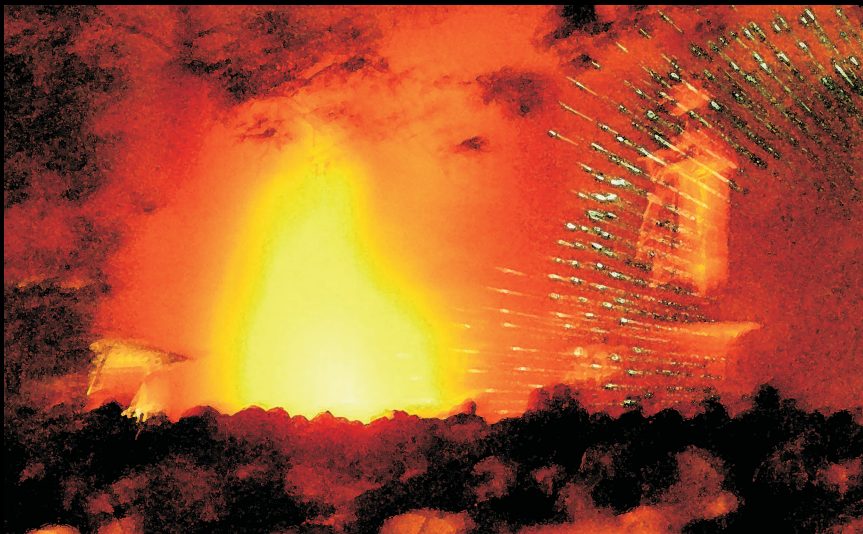
Roland Enders
& Friends

CD ONE: *About Angst*

About Angst is inspired by one of Grimm's fairy tales: "The Story of the Youth Who Went Forth to Learn What Fear Was".

The main character is a disrespectful young man named Jake who belongs to the Dark Wave

movement. He rebels against his parents as well as the establishment and society. The reason for this lies in his childhood: His father used to call him a wimp and loser, his mother abandoned him. So he never learned how it feels to be loved. In order to get his father's respect and to top his toughness he takes all kinds of risks. He defies



death without showing fear. On an unconscious level, though, he is haunted by angst. This he is not able to concede because it would prove his father true. Instead, he is full of aggression, goes beyond all limits and runs on adrenaline all the time. His emotional world is secluded deep inside and he can't reach it. In Grimm's fairy tale it was the

princess who taught him what fear was. In *About Angst*, Jake falls in love with a girl named Sarah. The fear of loss of her love teaches him that fear sometimes can be quite useful.

You can download the lyrics on
http://www.rolanders-home.de/english_site/about_angst_english.php



Scene 1: Angry Jake Suite

I. Overture

II. Fearless

III. Adrenaline

IV. Reprise

This chapter introduces Jake and tells about his chaotic life which is a breathless race. We also come to know how he appears to others but we yet learn little about his inner world.

Scene 2: The Ride

Jake is surfing on top of a subway train moving on high speed.

Scene 3: Chameleon's Shadow

Jake is a talented artist. He turns his dreams and fancies into comic strips.

Scene 4: Blackout

A self-experiment: he strangles himself to feel the hallucination of a near-death-experience. Sarah





saves his life in the last possible moment.

Scene 5: Father

This song tells about the inner conflict with his dominant father.

Scene 6: Sarah

His girlfriend Sarah makes his feelings aware to him for the very first time. She confuses him and he fears her closeness, but doesn't want to lose her.

Scene 7: Mother

He remembers his mother who abandoned him when he was a young child.

Scene 8: Love Surgery

Sarah realizes that she has to hurt Jake to heal him. She regards herself as a surgeon who has to cut open a scarred tissue to free his emotions.

Scene 9: Culmination

I. Sarah's Venture

II. Between Summit and Abyss

III. Rescue

IV. Coming to Terms

Jake plans to climb a steep face without pitons and safety rope which hasn't been done before. But Sarah ventures this risk before him to

attract his attention, and now she is stuck high above him on the face of the mountain and is in a great danger. Jake becomes horribly scared and he starts to climb as fast as he can, fearing for her life.

Finally he succeeds in rescuing her. Then scenes from his life passed by his inner eye. He is healed.



CD TWO: *Daydreamer*

01 Dreams and Nightmares

02 The River

03 Serenity

04 Shelter

05 Old Proghead's Lullaby

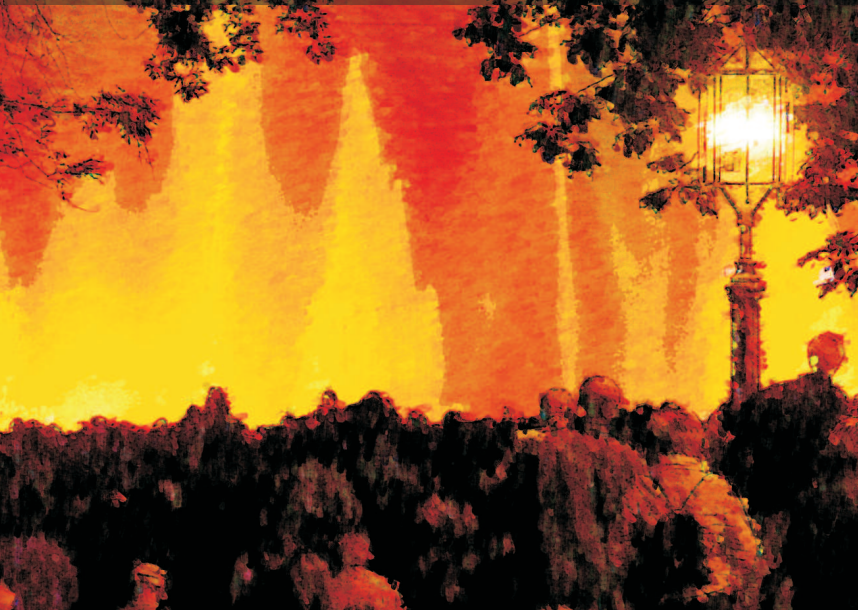
06 The Treasure Chest

07 Nordic Dance

08 I Wonder

09 My Toaster is an Alien

10 Poseidon's Realm



Credits

Roland Enders wrote the lyrics and the music, arranged, programmed and performed the music, produced, mixed and mastered the whole stuff, designed the artwork.

Kai Heyrock gave the impetus to *About Angst* and composed the melody of a theme that grew to a main hookline. He also created some guitar themes on CD 1.

Tommy Frank gave advice as an associate producer.

Patrick Boehner created the cover artwork.

Elisabeth Enders shot the photos.

Vocals:

Tommy Frank (as *Jake*) on CD 1 – tracks 4, 5 and 7.

Claudia Salzig (as *Sarah*) on CD 1 – tracks 4 and 8.

Bettina Berchem on CD 2 – track 8.

Roland Enders: all the rest of them.

Musicians:

Stefan Dittmar: drums

Kai Heyrock: additional guitars on CD 1 – tracks 6 and 7.

Hanspeter Hess: additional Keyboards on CD 1 – tracks 1 and 9.

Roland Enders: all the rest of them.

Roland thanks:

All of the above for their great contributions and support.

Those of the above who I know for their friendship and for encouraging me, especially Kai for his musical inspirations and Tommy for his advice.

Elsbeth for support and love.

All the people who will listen to and enjoy my music.

Produced 2008 and 2009 by *Roland Enders*
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In "The Ride" I used some samples of <http://www.freesound.org>. They are listed on: www.songs-and-stories.de