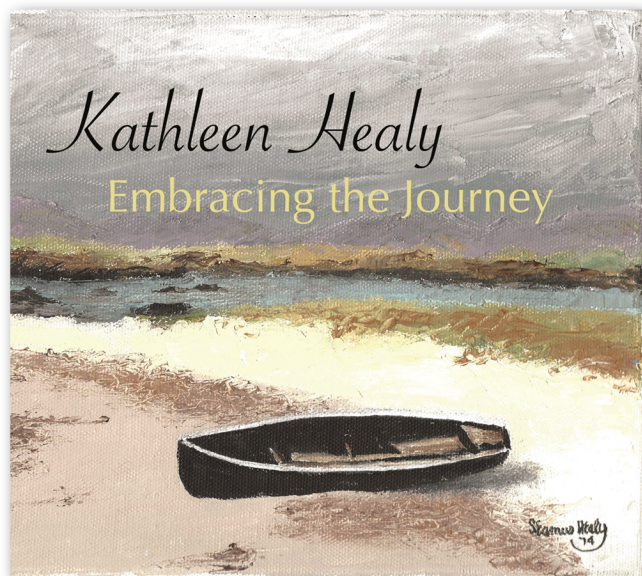


## Kathleen Healy - *Embracing the Journey*



A collection of 12 original songs written straight from the heart about embracing this journey we are all travelling on, the highs and lows I've weathered along the way, and the incredible people I am blessed to have encountered.

Kathleen Healy is a hard-working musician & songwriter living on Cape Cod. For many of her songs, she draws from her experience of living and raising a family near the beach. Some say salt water runs through her veins. She writes from the heart - her honest lyrics and often poignant subject matter lend themselves to the unique quality of her voice.

*"This album was to be released in the fall of 2018, then my father died and final recording sessions were postponed. It was rescheduled for a 2019 release, but like all journeys, life gives us obstacles to overcome. It was imperative for me to tend to family matters and all that entailed. I am now thrilled to finally share 'Embracing The Journey' with you!"* - Kathleen Healy, January, 2020

**Radio Release: February 1, 2020**

1. **Two to Tango** - 3:41 (guitar, tenor guitar, mandolin) Americana tune about mis-placed blame
2. **Enough** - 4:01 (guitar, piano, pedal steel) a heartfelt song about a woman losing her battle with addiction
3. **More** - 3:20 (guitar, electric guitar) a love song about marriage - in triple
4. **Speaking Out** - 2:57 (guitar, mandolin, piano) a folk anthem for the Me Too movement. Found it's way on to WFUV's Sunday Supper show when **Christine Lavin** was guest hosting for **John Platt** last summer
5. **Keep Comin' Back** - 3:20 (guitar, hollow body electric, light percussion) a catchy, snappy, upbeat pop song about the ups and downs of love
6. **Vagabond** - 3:22 (guitar, violin, pedal steel, piano) an airy song about the fragility of life
7. **Over the Ocean** - 3:41 (guitar, electric guitar, percussion) a slow ballad about longing for home
8. **Gifts from my Mother** - 3:31 (guitar, mandolin) a light and heartfelt tribute to my mom and mothers everywhere
9. **Old Man Winter** - 5:09 (guitar, pedal steel) a haunting bluesy number lamenting the return of winter
10. **Slip Away** - 2:32 (guitar, mandolin) an upbeat pop tune dedicated to my kids and how quickly the time goes
11. **Small Things** - 3:23 (guitar, mandolin) a sing-along modern folk song for people who are feeling hopeless in these uncertain times. Finalist-New England Songwriting Contest. Features **Mark Erelli** on vocals.
12. **House of Love** - 2:50 (guitar, mandolin) an up-beat Americana song about the history behind my favorite house to play - O'Shea's Olde Inne in West Dennis, MA. Dedicated to the late owner Joseph Shea.



***"Kathleen Healy writes songs that come right from the heart, and when she sings them for you, they'll go right into your heart."***

- Bob Weiser, WOMR

***"Kathleen Healy is a valued Folksinger. She steps into big shoes and has sincerity poignancy & warmth in her repertoire. She prefers the importance of family, friends and unions, reminding all of us - life is worth living."***

- John Apice, Americana Highways

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