

Practical Insanity

Album Info

- Title: **Practical Insanity**
Artist: **Jody Whitesides** (jodywhitesides.com)
Purchase: PracticalInsanity.com
(800) Buy-My-CD to purchase by phone
Download: [iTunes Music Store](#)
Publisher: **Too Much Music (SESAC)**
CD UPC: 654433000825
File As: **Alternative Pop Rock**
Personnel: **Jody Whitesides** (Guitar, Bass, Vocals, Synths, Loops), **Donny Gruendler, Christopher Alis & Paul Kaiser** (Drums).
Similar To: A premium blend of Maroon 5, John Mayer, Lenny Kravitz and Seal.



Track List

#	Title	Sample	Length	Description
1.	All The Things	MP3	3:48	Uptempo, guitar driven triplet feel.
2.	Closer To Ourselves	MP3	3:26	Midtempo, exotic power chord pounding.
3.	Favor Me	MP3	4:12	Midtempo, acoustic driven yearning.
4.	Tabloid Affair	MP3	4:11	Uptempo, guitar driven, big chorus.
5.	Falling In	MP3	3:12	Acoustic sultry slap & pop guitar.
6.	Going Around	MP3	3:57	Midtempo, heavy with lots little twists.
7.	Days of our Lives	MP3	4:14	Power Pop Bluesy romp.
8.	Searching For You	MP3	3:40	Uptempo, lots of movement, more rock.
9.	Material Things	MP3	3:48	Midtempo, heavy groove and guitars.
10.	Tracking Motion	MP3	3:08	Spacey rollercoaster musical excursion.
11.	Splitting The Scene	MP3	3:28	Fast Tempo, raw raunchy guitars.
12.	Say Goodbye mkII	MP3	3:37	Upbeat, Funk Alt. Rock – Catchy Hook

About the Artist

Jody Whitesides is a musician living in Los Angeles, CA. He is currently making his living as a performing songwriter, sound engineer, surround sound mixer, video game music designer, soundtrack composer, and is also the owner of [Dancin Deer Studio](#). His additional pursuits include: Skiing, Mountain Biking, Learning to play Texas Hold'em, Movies, and enjoying life.

For additional information visit: jodywhitesides.com

**samples are 2 minutes long