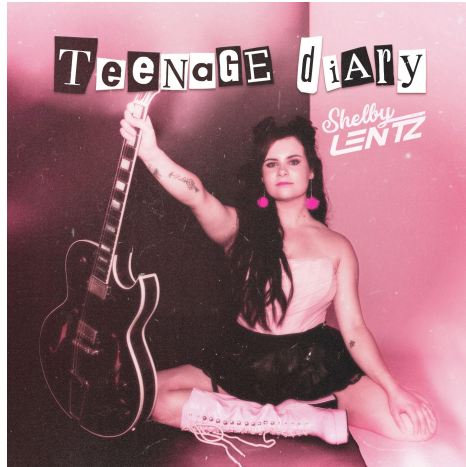


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## Shelby Lentz Unveils Highly Anticipated Album "Teenage Diary" - A Reflection of Teenage Struggles and Empowerment



Coloma, MI. June 30, 2023 - Nashville recording artist Shelby Lentz is set to release her much-anticipated album, "Teenage Diary," a captivating compilation of songs that offers a heartfelt glimpse into the trials and triumphs of teenage life. Set to be available on July 14, 2023, the album takes listeners on an emotional journey through heartbreak, insecurities, and ultimately reclaiming self-worth and empowerment.

"Teenage Diary" showcases Shelby Lentz's remarkable talent as a songwriter, as the album is composed of songs she wrote during her formative years between the ages of 13 and 19. Drawing from her personal experiences, the lyrics delve into the complexities of teenage emotions, capturing the highs and lows that resonate with teenagers across the world.

These songs are a testament to Shelby's own struggles and growth, penned in various settings such as high school classrooms and her childhood bedroom floor. As Shelby brings these songs to life in her album, she embraces the opportunity to share her "lyrical diary" and connect with listeners who may be navigating similar challenges.

One of the standout tracks on the album is "Mirror Mirror," which was written when Shelby was just 15 years old. Inspired by the timeless Sleeping Beauty reference, the

song reflects the protagonist's battle with peer pressure, self-harm, and body dysmorphia. The mirror becomes both a confidante and a source of anguish, as the young girl reveals her innermost struggles while being simultaneously torn down.

While some of the album's songs were previously released in the early stages of Shelby's music career in Nashville, they have undergone a "2.0" transformation for "Teenage Diary." Influenced by her musical inspirations such as Avril Lavigne and Paramore, the album combines elements of pop/punk and pop/rock with a nostalgic y2k vibe.

Collaborating with Dallas Jack, owner and founder of Record One Studios in Nashville, TN, Shelby Lentz has poured her heart and soul into creating an album that authentically captures the essence of her teenage years. The result is a collection of relatable and memorable songs that resonate with listeners on a deeply emotional level.

Building up to the album release, Shelby has been unveiling singles that will be featured on "Teenage Diary." Starting with the release of "The Outside" in July 2021 and culminating in the recent release of "Done with It" on June 23rd, 2023, these singles provide a glimpse into the raw emotions and captivating melodies that the album holds.

Among the album's highlights is the fan-favorite breakup anthem, "Break Your Heart," empowering listeners to reclaim their power and no longer allow a former lover to shatter their heart. Another poignant track, "People Always Leave (Peyton's Song)," was the final song Shelby wrote as a teenager, drawing inspiration from the character Peyton Sawyer of the hit show "One Tree Hill." This song mirrors both Peyton's on-screen journey and Shelby's own experiences, showcasing the healing power of music and art.

Closing the album on a triumphant note, "Doing Fine" reflects Shelby's growth and self-love after an early heartbreak. What was once a slow, introspective track has been transformed into an upbeat anthem celebrating personal growth and resilience.

With a rich history of performances in various venues since the age of 14, Shelby Lentz has established herself as a Nashville recording artist. Her original music is available on all major streaming platforms, solidifying her presence in the music industry.

"Teenage Diary" is set to captivate audiences with its honest lyricism

A release party will be held Thursday, July 13th at Vineyard 2121 in Benton Harbor, MI at 7 pm. Lentz will perform her debut album live, with merch, food, and drinks available for purchase. This is a free event, no ticket required, and open to all ages.