

FOR IMMEDIATE RELEASE:

BE YOU with Rising Pop/R&B Artist JENNY JAHLEE (RIYL: Ani DiFranco, Janis Joplin, Susan Tedeschi, Erykah Badu): Debut Album Release

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Portland, OR (October 6, 2018): Rising Soul/Folk-fusion artist Jenny Jahlee is releasing her debut album “Be You” on 10.6.2018 at the Jack London, proudly presented by Soul’d Out. The album release show features Jenny’s full band, The Menagerie, and the local rising Indie Pop artist, Kingsley.

Creating this album was a journey of self-love, in being fearless about who I really am, and finding my voice through healing old patterns, and finally, in trusting in the flow of life. This was a way for me to share the deepest parts of my mind, motivate and inspire others to open up and go deeper into their own realities and to promote loving awareness. Music is the medicine.

This album means choosing me. Fully. I have never committed to anything in my life and this was an act of courage and self-love. To do something simply because I wanted to. It means freedom from guilt and shame about my past history with severe bulimia, healing my throat and not abusing its power. Proving to no one, but myself that I am worth sharing, that I am not ashamed of who I am and what brings me joy. Music saved my life, redefined how I associate with my physical body, and offered a level of self-acceptance that I have waited my entire life to feel, and no one was ever going to do that for me. This entire process was all done and dreamt and executed by me and me alone. However, through this challenge, I have learned life changing lessons, build lifelong bridges, and have an entire new perspective for music as a business and as a medicine. I am so ready to share this vibe, this heart, and this story.

While her debut album is releasing this October, she’ll be right back at it this fall on a US West Coast tour! You can follow her on her journey @jennyjahleemusic.