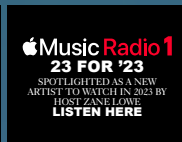


# Lizzy McAlpine's *five seconds flat* out now

Hit single "ceilings" certified Platinum



"Lizzy McAlpine is a great storyteller. And though her songs are often about the well-worn subjects of breakups and heartbreaks, she has a way with words and phrasing that feels fresh."



"The result is a series of indie-pop gut-punches that solidify McAlpine as the up-and-coming songwriter to watch."



"With her soft but steady voice, McAlpine sings from a place where most of us feel least comfortable — a place of uncertainty, contradiction, and discovery — which is reflected in lines like 'it's not that I hate you, I hate that it hurt' and 'I was trying to be honest, but now I think I should've just lied.'"



"All eyes on Lizzy McAlpine"

"...fans will focus on what this young artist has always been telling them — she has so much more to give."



"The album, the film, the constant challenge of her already successful career, none of these have prevented McAlpine from being industrious and full of hope. Her bucket list reads as the measured ambition of a multidisciplinary creative, one who can spring into artistic motion in *five seconds flat*."



"The rising pop auteur has gone viral — but she's only getting started."



"The soft pop song builds to an epic, head-banging crescendo... 'hate to be lame' might prove to be McAlpine's big break into top 40 radio."



"McAlpine isn't merely a passing trend... [Her] openness amounts to an outpouring of real and honest lyrics. It's easy to relate to these moments of heartbreak and joy. Her feelings drip palpably from every word."



"The Philadelphia-based songstress charges on the dark mid-tempo track."



"The way telling everyone I know to go listen to 'all my ghosts' by Lizzy McAlpine is about to become my entire personality."



"McAlpine is solidifying herself as one of 2023's singer-songwriters to watch."

"Theatrical; is apt for McAlpine, as her stark songwriting style merges the hyper-specific, heartrending lyrics of Bridgers or Olivia Rodrigo—stolen glances over 7-Eleven Slurpees, visions of McAlpine's suburban Philadelphia-area upbringing—with the sweeping crests and falls of a Sara Bareilles Broadway score."



"Her song 'ceilings,' a melancholic tale of lost love, inspired hordes of TikTok users to don dresses and dramatically run to her lyrics. McAlpine's words evoke such emotion that it has to be expressed."



"ALL MY GHOSTS"  
TOP 50 SONGS OF 2022

"sweet, cinematic"

"McAlpine's subtle exercises in vulnerability are even more arresting considering her warm, dynamic voice."



"These songs are brought to life with tactile details that apply the scents, tastes, and textures of memory..."



"McAlpine's new album *five seconds flat* is a brutally honest confessional album with a short film to accompany it. It finds the artist at her complete best from start to finish."



"Her brushstroke is broad and her work is vivid. The fourteen songs will get you on the Lizzy McAlpine train if you haven't already on-boarded."



"The 22-year-old singer/songwriter has claimed hearts with her lovely voice and trusty guitar. She builds every song from the ground up and spares no details. From passion to pen to paper, feelings flow out of her with an ease that is impossible to fake."

