**GENRE-BLURRING ARTIST TEDDY SWIMS DROPS HIGHLY ANTICIPATED DEBUT ALBUM *I’VE TRIED EVERYTHING BUT THERAPY (PART 1)***

**LISTEN** [**HERE**](https://teddyswims.lnk.to/ITEBTpt1)

**INCLUDES POWERFUL NEW BALLAD “SOME THINGS I’LL NEVER KNOW” & BILLBOARD HOT 100 HIT "LOSE CONTROL"**

**PERFORMING LIVE ON *THE TODAY SHOW* THIS MORNING**

**NORTH AMERICAN HEADLINE TOUR KICKS OFF SEP 22**

A person sitting in a chair

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Download hi-res artwork [HERE](https://drive.google.com/file/d/1tWUxtszJPFfPEPdEdAQJhjQjCrOrW4S9/view?usp=sharing)

**September 15, 2023 (Los Angeles, CA)**– Today, vocal powerhouse **Teddy Swims** releases his highly anticipated debut album ***I've Tried Everything But Therapy (Part 1).*** Listen [HERE](https://teddyswims.lnk.to/ITEBTpt1) via **Warner Records**.Never one to pick a speed, the eclectic artist’s new body of work mixes pop, soul, funk, and blues to highlight his velvety rasp. Among the highlights is his new focus single **“Some Things I’ll Never Know,”** an intimate, gut-wrenching exploration of love and loss. Watch the video [HERE](https://teddy-swims.lnk.to/SomeThingsLive).

About **“Some Things I’ll Never Know,”** **Teddy** says, *“I’m the kind of person that wants to know I’ve turned over every stone and done absolutely everything I possibly could to keep someone in my life. But, sometimes you can’t control what people do or know why people do the things they do. Some relationships end without any closure and leave you with nothing but questions.”*

Also included on the album is the viral sensation **“**[**Lose Control**](https://www.youtube.com/watch?v=GZ3zL7kT6_c&t=1s)**,”** which recently became **Teddy**’s first-ever entry into the ***Billboard* Hot 100**, where it sits at #81 and climbing. To date, the track has amassed over **81 million** streams and counting. Fans can watch him perform the song live on ***The Today Show*** this morning.

The album takes you on a ride with the intimate hymn **“Last Communion,”** followed by the rhythmically leaning **“The Door,”** an R&B anthem from another era. It's clear that **Teddy** is being more vulnerable than ever before on ***I've Tried Everything But Therapy (Part 1)***— which is part of a longer journey of healing. *"My debut album is an honest look into my mental health journey,"* **Teddy** says. *"It is my first step towards being vulnerable about this journey and the steps I need to take to heal.”*

The album follows 2022's ***Sleep is Exhausting*** and ***Tough Love*** EPs, which capped a busy year that included playing sold-out shows around the globe and lending his powerful pipes to **ILLENIUM’s** “[**All That Really Matters**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D3gxxW5NqICc&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406785313%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=AUZteOKfDOi91ewe6s0kzuwd7cVDx1%2BNVIGDOIheJms%3D&reserved=0)**,”** **Meghan Trainor’s** **“**[**Bad For Me**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DSDZ3r8pG9QM&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406941550%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=42IfEGNHvOv71kzIU3KBMTjWPeWGe5x9E9ExU2lR9kA%3D&reserved=0)**,”** and **MK**& **Burns’ “**[**Better**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DZiadEoQZzxA&data=05%7C01%7CJoshua.McDonald%40warnerrecords.com%7C896c13b0748a48ae669008dabd16b100%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638030202406941550%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PSA%2F20NamBDjbJnV%2BxFUDUkGAx5DrqMF%2BtJvHWHCVN0%3D&reserved=0)**.”**

On September 22, **Teddy** will bring ***I've Tried Everything But Therapy (Part 1)***to fans across the country as his North American tour kicks off in Minneapolis. It's destined to be one of the year's hottest tickets, given **Teddy**'s renowned showmanship. He brings passion and poise to every performance, and now, with his album finally landing, an exciting new chapter begins for the southern singer. See the full list of tour dates below.

**Teddy Swims 2023 Tour Dates:**

Sep 22         Minneapolis, MN    Palace Theatre

Sep 24         Chicago, IL               Riviera Theatre

Sep 26         Richmond, VA         The National

Sep 27         Norfolk, VA             The NorVa

Sep 29         Raleigh, NC             The Ritz

Sep 30         Greenville, SC         Voyage Music Festival

Oct 1           Charlotte, NC          The Fillmore Charlotte

Oct 3           Fort Lauderdale, FL Revolution Live

Oct 4           St. Petersburg, FL   Jannus Live

Oct 5           Orlando, FL             House of Blues Orlando

Oct 7           New Orleans, LA     The Fillmore New Orleans

Oct 8           Houston, TX             House of Blues Houston

Oct 10         Dallas, TX                The Factory in Deep Ellum

Oct 11         San Antonio, TX      Aztec Theatre

Oct 13         Wichita, KS             TempleLive

Oct 14         Tulsa, OK                 Cain’s Ballroom

Oct 15         Oklahoma City, OK  The Criterion

Oct 17         Phoenix, AZ             The Van Buren

Oct 18         San Diego, CA         SOMA – Mainstage

Oct 20         Los Angeles, CA      The Wiltern

Oct 21         Las Vegas, NV         Freemont Street Experience

Oct 22         Oakland, CA            Fox Theater

Oct 24         Portland, OR           Roseland Theater

Oct 25         Vancouver, BC         Orpheum Theatre

Oct 26         Seattle, WA            Showbox SoDo

Oct 28         Salt Lake City, UT    Rockwell @ The Complex

Oct 29         Denver, CO              Mission Ballroom

Oct 31         Omaha, NE             The Admiral Theater

Nov 1           Kansas City, MO      The Midland Theatre

Nov 3           Indianapolis, IN       Egyptian Room at Old National Centre

Nov 4           Cincinnati, OH         Bogart’s

Nov 5           Cleveland, OH         Agora Theatre

Nov 7           Pittsburgh, PA         Stage AE

Nov 8           Detroit, MI              The Fillmore Detroit

Nov 10         Toronto, ON            HISTORY

Nov 11         Montreal, QC          Beanfield Theatre

Nov 12         Boston, MA             Roadrunner

Nov 14         New York, NY          Terminal 5

Nov 15         Philadelphia, PA      The Fillmore Philadelphia

Nov 16         Washington, DC      The Anthem

Nov 18         Nashville, TN          Ryman Auditorium

Nov 21         Atlanta, GA             Tabernacle

Nov 22 Atlanta, GA Tabernacle

A person with tattoos on his hands

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Photo credit: Joseph Cultice

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