Mike Sabath has enough love for the whole world.

Swirling in the pulsing heart of that love is his music. “Sound is in everything,” he says. It was this love of sound that took him from drumming on pots and pans in his childhood home to cutting tracks in some of the most distinguished recording studios in the world with some of the most renowned artists of our time. So, it makes sense that his debut album, *Being Human* via Warner Records, was a labor of love from the very beginning.

During quarantine, struggling with the end of a relationship and the tumult of a world in crisis, Sabath found himself converting a small barn in his brother’s backyard into a fully functioning recording studio. An admitted workaholic, the barn studio allowed him to spend time with his family without having to break from recording. He spent weeks working on the renovations himself. As soon as the studio was usable, with gear still strewn across the floor, he was struck with exactly what he needed to say. In a single take, he laid down “[Being Human](https://www.youtube.com/watch?v=De9HWGSg-jU),” the album’s lead single and title track, and wrote the lyrics on the wall of the barn. “I was crying out,” Sabath says. “This was my self-assessment.”

Born and raised in Katonah, New York, Sabath has always been a front man—even in his first band, at age five, playing covers with his dad and brother. His first love was the drums, before discovering his obsession with recording and production through countless GarageBand experiments on his brother’s laptop. After relocating to Los Angeles, he began crashing studio sessions with his manager at the time, laptop and hard drives in hand, intent on carving out a place for himself in the culture.

Soon, the surprise visits became invitations to collaborate, and, within a few years, he was writing and recording with Shawn Mendes, Lizzo, Pharrell Williams, J Balvin, Meghan Trainor, and Camila Cabello, to name a few. His 2021 song with Cabello, “Don’t Go Yet,” charted in 35 countries, spent nine weeks on the *Billboard* Hot 100, and peaked at 28th in the *Billboard* Global 200. He was also featured on Trainor’s song “Wave,” which he co-wrote and produced, off her 2020 album *Treat Myself*. Most recently, he worked with his close friend and cherished collaborator, RAYE, on her upcoming album, including her hit single “Escapism.” featuring 070 Shake. “I’ve always felt an intense need to create,” Sabath says. “It’s not just a desire.”

In 2020 he released his debut single “[Good Energy](https://www.youtube.com/watch?v=f3530w9FGE4).” It was boisterous and celebratory, like Sabath himself, and was meant to be part of a larger project. The song was selected for the coveted EA Games’ *FIFA 21* soundtrack, but COVID-19 made him rethink his forthcoming project as a whole, “It just didn’t match the world’s energy anymore, or mine at that time.” So, he put it to the side, and found himself embracing change, starting over in search of a sound that more accurately captured this moment in his life.

This search led him to *Being Human*, an LP different than anything he has worked on before. He opened his creative process, bringing in more collaborators and forming a full band called The Moongirls -- composed of Austin Lichtenstein, John Sterling, Noah Viklund, and childhood friend Pete Miller.

The album occupies an organic, lived-in soundspace that could find a home in almost any era of pop music. It is an honest time capsule of an uncompromising and formative period in Sabath’s life. “Great art is that which is the closest to pure experience,” he says. “Purity is truth, is God, is love.” *Being Human* skates across emotions and moments in Sabath’s life, careening toward the larger truth that we are all in love with each other, whether we realize it or not.

“We’re all human. We don’t feel the exact same shit, but we feel very similar shit. I’ve found right after a moment of immense confusion comes immense clarity,” Sabath adds.

He has come a long way since building that studio in his brother’s backyard, though those same lyrics are still hand scratched onto the wall, just in case he forgets where this all started.

**Boilerplate:**

Mike’s first love was the drums, before discovering his obsession with recording and production through countless GarageBand experiments on his brother’s laptop. In his teens, after relocating to Los Angeles, he went from crashing studio sessions to getting invitations to collaborate, and, within a few years, he was writing and recording with Shawn Mendes, Lizzo, Pharrell Williams, J Balvin, Meghan Trainor, and Camila Cabello, to name a few.

Arising from the search of a sound that more accurately captured a new moment in his life, *Being Human,* an LP different than anything he has worked on before, was born. The album occupies an organic, lived-in soundspace that could find a home in almost any era of pop music. It is an honest time capsule of an uncompromising and formative period in Sabath’s life. *Being Human* skates across emotions and moments in Sabath’s life, careening toward the larger truth that we are all in love with each other, whether we realize it or not.