

# Max Satow And His Indie Outfit Noshows' Latest Single "Slow Up" Is A Liberating Take On Anxiety Featuring LA Rapper AUD

*Satow's Advocacy for Mental Health Causes Manifests Now as Magnify the Mind, A Youth-Targeted Social Media Based Community of Education, Comfort And Support*

NEW YORK, NY, USA, May 31, 2023 /EINPresswire.com/ -- Finding a fascinating niche as a singer/songwriter by fusing explorations of the inner workings of the human psyche with a wildly eclectic blend of hip-hop, funk, jazz, alt-rock and his self-styled "indie hop," NYC singer-songwriter Max Satow and his popular collective Noshows' latest single "Slow Up" is perhaps the world's first "feel good" single about personal struggles with anxiety.

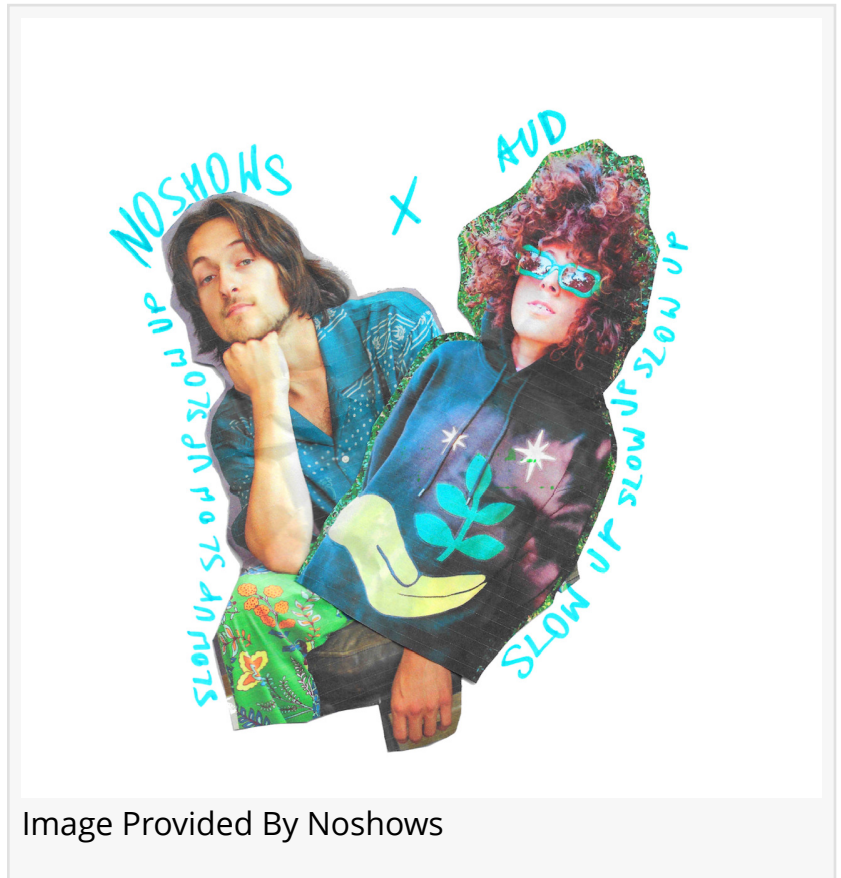


Image Provided By Noshows

Written and produced by Satow, the edgy, trippy, infectiously funky track – dropping July 7 - features a wildly adventurous high-octane rap by [AUD](#), like ODD, a fast emerging, well-traveled L.A. based hip-hop artist and multi-instrumentalist. The song will have an accompanying music video that is a throwback to the 90's sitcom era that features both Max and AUD.

Whimsically but pointedly sharing the perfect post pandemic advice for coping with stress, Satow gets to the point quickly with his anthemic hook: "Slow up/Chill out/What goes up must come down/It's something that I found/Right here, right now. . .Let's come back to the ground now." After his verse about life moving "too fast, too slow," paranoia, switched perceptions and the desire to "puff and float away right now" followed by a second chorus, AUD takes the reigns for a powerhouse flow about gaining peace by being "focused on the blessings/How it came with all the lessons" and pushing away from those "sending some stresses. Though she has released

several digital singles, AUD's rap doubles as a self-affirming introduction to her and her artistry: "See! I ain't got time to waste/Cuz I am AUD. . .Always groovin' in my own space, Cuz I am AUD!"

"Though 'Slow Up' has a pretty intense groove, I generally see my vibe as laid back, and I was blown away by the fiery energy AUD brought to the track, which added a whole new and important dimension," says Satow, whose band has gained a loyal fan base from its electrifying shows at NYC venues like Bowery Electric, Rockwood Music Hall, Baby's All Right and the Pleasantville Music Festival. "The song encourages intentionally slowing down when life becomes too fast paced. I've come to realize how crucial it is to step back and evaluate my well being since it has a significant impact on my mental state. As I was writing it, I thought about my own struggles with anxiety and coping mechanisms, and rather than go dark, I wanted to shed a positive light on that. "The chorus," he adds, "is a good reminder that it's okay to pause and chill out for a minute. Maybe we all need to slow down a bit and give ourselves a break. In doing so, we can tackle whatever challenges come our way with more energy and clarity of mind."



Photo By Alice Plati

Satow's lifelong fascination with the chaos and psyche of the human mind – and his advocacy of such issues - in part has its roots in his family's founding of [The Jed Foundation](#), a non-profit devoted to protecting emotional health and preventing teen and young adult suicide and giving them the skills and support they need to thrive. It was inspired by and named after the singer's uncle, who took his own life.

“

Maybe we all need to slow down a bit and give ourselves a break. In doing so, we can tackle whatever challenges come our way with more energy and clarity of mind.”

*Max Satow*

Satow's is currently creating a mental health hub of his own with Magnify the Mind, a social media-based community whose mission is to both educate people about these issues and offer a safe space for comfort and

support, particularly among today's youth. "It's important to me because besides my own struggles, I have a lot of personal experience with friends, peers and family members who have struggled with anxiety, depression and other challenges," he says. "These topics have always been a part of the music of Noshows, and I'm eager to extend this aesthetic into more active community involvement."

Jennifer Lyneis  
Ue3promotions  
+1 818-201-7313  
[email us here](#)

Visit us on social media:

[Facebook](#)  
[Twitter](#)  
[Instagram](#)  
[YouTube](#)  
[TikTok](#)  
[Other](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/636572166>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.