

Rethinking Grief: New Album 'Into The Wild' Redefines Mourning

CHICAGO, IL, UNITED STATES, January 15, 2024 /EINPresswire.com/ -- Sonya Lorelle, a university counseling professor and singer/songwriter, has released a groundbreaking album titled "[Into the Wild](#)." This musical venture takes listeners on a profound journey through the intricate landscapes of grief and loss, challenging conventional notions and fostering a broader understanding of these complex emotions.

"Into the Wild" draws inspiration from Lorelle's personal experiences, creating a relatable musical narrative that transcends the traditional association of grief with death. Lorelle, both in her academic role as a co-author of a grief textbook and through this innovative musical project, seeks to debunk

several myths surrounding grief. While grief often brings to mind the idea of death, Lorelle wants to challenge this narrow view and help others recognize how grief is inherent in many types of losses throughout life, including a loss of a relationship. She also challenges the pervasive idea that the stages of grief represent the primary model for healing.

Championing the idea that grief is a multifaceted and layered process, Lorelle states, "Expectations about how grief is supposed to progress can actually be detrimental. I wanted to share my individual story as a way of highlighting and normalizing the complexity of grief." In an effort to mirror the intricate nature of grief, Lorelle's album explores various genres, including jazz, blues, and Americana, weaving a rich emotional tapestry that encompasses confusion, regret, frustration, and moments of fun and hope, avoiding any hint of a melancholy monotone.



Cover art

In a recent collaboration with [Live Bash](#), an innovative technology company based in Chicago, Lorelle recorded a concert of the album, providing a unique virtual venue for fans. At [livebash.com](#), audiences can not only listen and connect but also support the artist by purchasing an NFT digital collectible, a novel approach to virtual concert experiences. Lorelle's hour-long intimate concert will be re-streamed on January 18th at 7:00 PM CST, allowing viewers to experience her brave and vulnerable revelations about lessons learned through her personal journey. Those who purchase the digital collectible before January 19th at 7:00 PM will be entered for a chance to win a vinyl copy of "Into the Wild," yet to be released to the public. Only 500 digital collectibles are available, making this a unique opportunity for fans to connect with the artist available at [livebash.com/sonya](#)

Don't miss the encore event on January 18th at 7:00 PM CST – an evening of musical exploration and emotional depth with Sonya Lorelle.

Sonya Lorelle

Into the Wild

[sonyalorellemusic \(at\) gmail.com](#)

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