

Healy Releases New Track and Music Video For “Second Wind” Today

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(July 23, 2020) – Memphis based singer/songwriter/producer Healy releases his latest track and music video, “Second Wind” today (watch [here](#)). The track was the first song to be created and recorded during a two-week writing trip to Joshua Tree National Park.

"This song sounds like redemption to me," says Healy. "I spent a lot of 2019 doubting and second-guessing myself, and writing this song was really cathartic. The song began as a means of self-acceptance and eventually became a general commentary on life as I was seeing it. The song really opens up as it progresses, and as the second verse continues you hear a sort of push and pull between normal and pitched vocals. In the same way, I've really stepped into myself more fully this year—and I've been working toward finding a balance between humility and ego."

Earlier this year, Healy released "[Nikes On](#)" as well as the music video for his track "[Reckless](#)" the latter of which was featured on his debut album [Sublux](#) and has over 26 million streams on Spotify. Most recently, Healy reached over 1.3 million followers on his Spotify artist page.

Last Fall, Healy released "[Tuscon](#)," which has garnered over 2.3 million combined audio streams. Keep checking for more music from Healy coming soon.

About Healy:

Performing under only his last name, Healy embodies cardinal themes of his work like self-discovery and non-dualism. He released his debut album [Sublux](#) in 2017 in the wake of his second year of medical school. The album has nearly 60 million audio streams. The lead single, “[Unwind](#),” caught the internet on its heels, helping to establish Healy’s fixed presence as a promising multidimensional artist in a mercurial musical climate. His work is a fearless transgression—a tonal gradient with origins in classic and indie rock, soul, and Memphis rap.

To Listen or Download “Second Wind”: <https://smarturl.it/SecondWindx>

To Listen or Download “Nikes On”: <https://smarturl.it/NikesOnx>

Watch “Reckless” [here](#)

To Listen or Download “Reckless”: <https://smarturl.it/xreckless>

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Website: <https://www.healyofficial.com/>

Contact:

Meg Kehoe – Meghan.Kehoe@rcarecords.com