It's Machine Head. I don't know how else to say that its the amazing, great, awesome, band Machine frickin Head putting out another awesome album. This new album was super super dope! The craftsmanship, excellent song placement on the album, and artistic melodies really put this album on top. Machine Head originally formed in 1991 coming out as a groove/thrash metal, they have now evolved into a more hardcore punk kind of sound but still hold onto their original roots. The hit single off of this album "Catharsis" lives up to being named the title of the album! This song is not as hard as other songs on the album, but is definitely more artistic and shows more cool technical riffs on it. My personal favorite song from this album is "Heavy Lies the Crown," the eight minute fluid masterpiece that rocked my world. I am a huge fan of well done harmonies and awesome solos and this song believer on every level. I highly recommend this album, it is a great introduction to people who want to understand metal and who want to listen to one of the greats.

Sounds Like: Sepultura
Sounds Like: Gojira

Recommended Tracks:
1. Heavy Lies The Crown***** (ITS 8 MIN BE WARNED!) You need to listen to this, so many switch ups in tempo and theme, great song
2. Catharsis **** (ITS 6 MIN BE WARNED!) The big hit from this album, slow intro but hypes up around 1:10

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Date Reviewed: 02/22/2018

- [Hardcore punk](#)
- [Metal](#)