Cullen Omori has come a long way since his days as a member of the popular indie group, Smith Westerns, which unfortunately ended in late 2014. After a few years of lackluster singles and a bland 2016 album titled *New Misery*, Cullen Omori has officially found something special in *The Diet*.

The Diet starts off quite strong with the first track “Four Years.” This song emphasizes everything that is good about the album. The catchy hook and tropical guitar melody make this track sound like a classic beach rock song from the early 70’s. *The Diet* is at its strongest when it focuses on these more relaxed bedroom pop songs. For an album that does so much good, it doesn't quite add much to the modern indie rock world. Most of the instrumentation isn't unique, which brings the album down a few notches. The opening guitar riff of "Master Eyes" sounds eerily similar to the song "Beginners Luck" by King Gizzard and "A Real You" sounds like it could fit on a plethora of tacky folk albums.

Cullen is a very talented individual, and you can tell he pours his heart and soul into his music, but I can't help feeling as if he is wasting his talent by playing it too safe. Of course, this is only his second album. This leaves a ton of room for him to find his footing and grow as a solo artist.

Cullen Omori's second studio album was a step in the right direction. While it didn't necessarily bring anything new to the table, it did make me sway my head more than a few times with its catchy hooks and beach inspired instrumentation. This summer-inspired album is a fun listen if you're in the mood to put on a few lo-fi tracks as you sit by the pool. If you're into that kind of stuff, then I would give this album a listen. If I had to rate this, I would give it a 7/10.

Sounds Like:
Shy Boys

Sounds Like:
Smith Westerns

Recommended Tracks:
#1 Four Years- This is definitely the best track on the album. It blends classic 70's inspired vocals and mixes it with an ambient beach melody.
#12 Queen- Pretty catchy song with a fun hook. It feels very spacey which I dig.

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