

Earth Groans is a metalcore band from South Dakota. Their annual releases and rigorous tours have earned them a loyal and satiated fanbase. Since 2017 they've released four EP's with their fifth due this fall.

Their latest project, *The Body*, reflects on the state of humanity amidst a global crisis. The EP highlights the damage of isolation and the glimmer of hope found in returning to community. The band's observations that it's not safe to be alone, followed by a new appreciation for things once taken for granted, built a timely record rich in metaphor.

Musically, the project leans less chaotic and more aggressive. Upbeat and energetic in its structure, Earth Groans continues to churn out passionate music with a story to tell.

*The Body* is set for release on Solid State Records in Fall 2021.