

= The North Stands for Nothing =

The North Stands for Nothing is the debut mini album by British metalcore band While She Sleeps . The band recorded the album in a home studio between January and April 2010 . It was released by Smalltown Records on 26 July 2010 , before later being released as a deluxe edition by Good Fight Music , featuring the single " Be (lie) ve " as a bonus track . It received generally favourable reviews , with Big Cheese reviewer Lais Martins Waring championing the band as " very promising " . Coupled with their extensive touring following its release , the album contributed to a significant increase in the band 's popularity .

= = Production and release = =

The North Stands for Nothing was recorded and produced at The Barn in Sheffield , England , between 4 January ? 28 April 2010 . The Barn is a converted barn owned by guitarist Mat Welsh 's father . The space is not a recording studio and is simply described by members of the band as a place where they hang @-@ out , party and practice . The album was self @-@ produced and mixed by Welsh and then mastered by Tim Turan in Oxford , England . Speaking retrospectively about the recording process , Welsh said that the album took a long time to record . Admitting that it was due to them partying , jovially suggesting that " it wouldn 't have took so long if Strongbow wasn 't included . " The North Stands for Nothing was released on 26 June 2010 , through Small Town Records . Two days prior to its release , While She Sleeps held an album launch show at The Plug in their hometown . In conjunction with the production company Get Deluxe , the band produced two music videos to promote tracks from the CD . The video for " Crows " features the band performing near the ruins of a nondescript building . While the video for " Hearts Aside Our Horses " features live footage from the album launch show .

Later in the year , the band signed a deal with Good Fight Music to release the mini @-@ album in the United States ? initially releasing it on 23 November 2010 , as digital download only . The following month , the band signed a deal with Doom Patrol to release The North Stands for Nothing in Japan on 22 December 2010 . In February 2011 , the album was given away in its entirety as a free CD in an issue of Metal Hammer magazine . When questioned about the decision vocalist Lawrence Taylor said " hopefully it will generate more of a fanbase , " while drummer Adam Savage added " we did [the album] ourselves so we haven 't got any debts so we were just like ' let 's give it out ' . " In January , 2011 , the band recorded a new single at The Barn ? subsequently releasing " Be (lie) ve " through Good Fight Music on 15 March 2011 . The single was originally not part of the album but was added as a bonus track and released as a deluxe edition CD in the United States on 26 July 2011 . Later in the year , While She Sleeps signed a deal with Shock Records to release their material in Australia ? seeing the release of the deluxe edition of the album on 9 December 2011 . On 20 February 2012 , Small Town Records released a limited edition 10 " vinyl version of the original album ? limited to 250 copies in white and 250 copies in clear .

= = Themes = =

While She Sleeps are generally recognized by professional reviewers as a metallic hardcore band and are known for their high energy and edgy sound . The recording features technical guitar picking , big riffs , heavy bass lines , crashing drums and screaming vocals . When questioned about their sound , Welsh described the band as having a " raw UK vibe , " adding that they like to keep their music simple and have " more a party vibe . " Vocalist Taylor added that their sound is " less pure solo and just more energy . " Dom Wyatt of Dead Press ! suggested that the band stick to the mould of a metalcore band with the adage " don ? t fix what isn ? t broken . " In an interview in 2011 , vocalist Taylor stated that the title ? The North Stands for Nothing ? has two meanings and that it is open to interpretation . Explaining that being from the North of England ; the people that the band know " won 't take crap " while also stating that the title means that it doesn 't matter where you 're from (geographically) you can still " get involved " with the band 's music . Guitarist Welsh added

that the title reflects the UK underground scene and how people will go to see a local band who are their friends and leave before seeing other bands ? saying that " that 's not the way it should be . " In an interview in 2011 , Welsh explained that the lyrics on " My Conscience , Your Freedom " are about the government ? specifically noting on the line " our coins can pay for the crime . " When questioned about the single " Be (lie) ve " , Welsh said that it was about the government and religion . Taylor explained further ; " we wrote about how people follow shit and don 't really think about what they 're following " .

= = Reception = =

Critical reception to The North Stands for Nothing was generally positive . Several reviewers noted on the balance that While She Sleeps have between melody and the heavier elements of their sound . Metal Hammer reviewer Terry Bezer , specifically complimented the track " Hearts Aside Our Horses " ? enthusing that it is " a lesson in how to be both progressive and hook laden at once . " Adam Kennedy of Kerrang ! complimented the band for putting " their own spin " on metalcore . Saying that they test and respect the genre 's conventions in equal measure ? specifically noting their use of a piano interlude on " Trophies " while suggesting that " tearing heads off is their forte " . In his review for Big Cheese , Lais Martin Wairing enthused that the band are " very promising , " comparing them to Bring Me the Horizon but offering that While She Sleeps " deserve success in their own right . " The album also received some minor criticism , with several reviewers picking up on the short overall length of the CD and While She Sleeps ' similarities to other bands . In a generally favorable review for The New Review , Jen Rochester said that the CD " is over before you know it , " while concluding that " it ? s definitely an effort worth checking out . " Similarly , Dom Wyatt of Dead Press ! said that The North Stands for Nothing is very similar to Hollow Crown by Architects but that it is a " cracking debut " that While She Sleeps should be proud of .

= = Track listing = =

All songs written and composed by While She Sleeps .

= = Personnel = =

= = Release history = =