

CONTROLLED BLEEDING  
BEFORE THE QUIET



# Controlled Bleeding Before The Quiet

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*Collection of material from 1978-1982 from one of the industrial world's most interesting groups.*

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Although Controlled Bleeding has been and always will be lumped into the genre of old school industrial music, their earliest inspirations were steeped in the first wave of New York City punk bands like The Dictators, Dead Boys, the Ramones and the brooding technical brilliance of King Crimson, Mahavishnu Orchestra and Henry Cow. This collection of music from the early formations of the group, infused with the hunger and intensity of youth, clearly illustrates the collision of these seemingly opposing influences. Recordings from 1978-1982, assembled by main man Paul Lemos capture the different early eras of Controlled Bleeding. An incredible peak back into the early days of "anything goes" alternative music.

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## TRACK LISTING

- Testing
- Wall of China Love Letters
- No Flies
- Veal
- Fiddles and Eggs
- Controlled Bleeding
- Veal
- The Third One
- First Haircut
- Body Sink
- Mahon's Massapequa
- Penis Party
- Wall of China
- Fiddles & Joey
- Q Factor
- Breed the Shed
- Penis Party (Studio Version)
- U-Boats
- Veal
- Ocean Sky
- Protein Song
- Untitled #1
- Untitled #2
- Garage Days
- Spattered in the Key of 'O'

Artist	Controlled Bleeding
Title	Before The Quiet
Selection #	MVDA4680
UPC	022891468028
Prebook	5/6/2008
Street Date	6/10/2008
Retail	\$14.95
Genre	Alternative/Punk
Run Time	77 mins
Box Lot	30
Label	CONTROLLED BLEE
Format	CD

