**LIFE OF AGONY**



*Photo by Marissa Ann / Scryer Photo*

**Lead Vocals**: Mina Caputo, **Guitar**: Joey Zampella, **Bass**: Alan Robert, **Drums**: Veronica Bellino

Life of Agony emerged from the New York music scene in the early '90s with one of the most distinctive sounds in its genre. [Rolling Stone](http://www.rollingstone.com/music/lists/the-100-greatest-metal-albums-of-all-time-w486923/life-of-agony-river-runs-red-1993-w487025) named their 1993 debut "[*River Runs Red*](http://www.rollingstone.com/music/lists/the-100-greatest-metal-albums-of-all-time-w486923/life-of-agony-river-runs-red-1993-w487025)" (Roadrunner Records) as one of the "[100 Greatest Metal Albums of All Time](http://www.rollingstone.com/music/lists/the-100-greatest-metal-albums-of-all-time-w486923/life-of-agony-river-runs-red-1993-w487025). In addition, the album’s lead-off track [“This Time”](https://www.rollingstone.com/music/music-lists/100-greatest-heavy-metal-songs-1234688425/this-time-life-of-agony-1234689074/) is considered by [Rolling Stone](https://www.rollingstone.com/music/music-lists/100-greatest-heavy-metal-songs-1234688425/this-time-life-of-agony-1234689074/) as one of the “[100 Greatest Metal Songs of All Time](https://www.rollingstone.com/music/music-lists/100-greatest-heavy-metal-songs-1234688425/this-time-life-of-agony-1234689074/).” For over three decades, Life of Agony has shared stages with the biggest names in rock, selling over one million albums to date, and building a die-hard, cult following in the process.

In 2022, the group’s critically acclaimed music documentary “[*The Sound of Scars*](https://www.soundofscars.com/)” was presented at the [BFI Flare Film Festival](https://loudandclearreviews.com/the-sound-of-scars-bfi-flare-review-documentary-life-of-agony/), who praised it as “[A truly powerful watch](https://loudandclearreviews.com/the-sound-of-scars-bfi-flare-review-documentary-life-of-agony/).” Kerrang gave it a [5-star review](https://www.kerrang.com/movie-review-life-of-agony-the-sound-of-scars) and called it ”Unflinching”. Mainstream outlets such as [CNN](https://www.cnn.com/videos/movies/2021/04/13/poignant-music-doc-the-sound-of-scars.cnn), [Psychology Today](https://www.psychologytoday.com/us/blog/brick-brick/202105/sound-scars-reveals-emotional-power-life-agony), and [BBC](https://vimeo.com/544374544), considered it “[a must watch](https://www.soundofscars.com/press)” and featured it on their platforms. [*The Sound of Scars*](https://www.soundofscars.com/) is streaming worldwide [now](https://www.soundofscars.com/press).

Most recently, in 2024, Life of Agony released a new song titled [“*The Crow (In Memory of B.L.)*”](https://www.revolvermag.com/premiere/life-of-agony-new-song-the-crow-in-memory-of-b-l/) as a tribute to the late Brandon Lee, who tragically lost his life filming the original 1994 film. [Revolver Magazine](https://www.revolvermag.com/premiere/life-of-agony-new-song-the-crow-in-memory-of-b-l/) named it as “[one of the best new songs right now](https://www.revolvermag.com/music/6-best-new-songs-right-now-8-30-24/)” and hailed the track as “a stunning new song… a gorgeous, grunge-goth elegy”. The music video is [streaming here >](https://www.youtube.com/watch?v=9lxhiCkFjGo)

"There's something very special about the original *Crow* that made it timeless, and there’s a reason that it resonated with us as kids," LOA bassist Alan Robert commented. "It was an absolute tragedy… Brandon Lee was killed the year we did our first album *River Runs Red*, and by the time *The Crow* came out in '94, he was already a legend. Brandon completely embodied the role, made it iconic, and lost his life in the process. It was just so incredibly sad and affected us deeply. He was such a charismatic character and in the very beginning stages of his career. Director Alex Proyas captured lightning in a bottle."

Guitarist Joey Zampella added: "We thought that creating a song and a sound that would seamlessly fit on the original soundtrack and film would be a perfect way to honor Brandon and his legacy."

[A group of men posing for a picture

Description automatically generated](https://www.youtube.com/watch?v=9lxhiCkFjGo)

With six studio albums under its belt, including “*River Runs Red*”, "*Ugly*", "*Soul Searching Sun*", "*Broken Valley*", “*A Place Where There’s No More Pain*”, and “*The Sound of Scars*”, the future is bright for the Brooklyn-based quartet. Life of Agony’s last album was named [Album Of The Year by The Aquarian](https://www.theaquarian.com/2019/12/18/album-of-the-year-2019-life-of-agony-the-sound-of-scars/) and the [#1 Album on Metal Hammer’s (DE) ‘Best of 2019’: Alternative-Rock/Punk List](http://lifeofagony.com/images/metalhammer2019.jpg). "By far, this is the best Life of Agony record you’ve heard in years," explains guitarist Joey Z. "We really went back to our roots on this one and tapped into the mindset we had when we first started the band." The group filmed a chaotic, [high-energy video for lead-off track 'Scars'](https://youtu.be/Z0hyh0yTdaU) with director Leigh Brooks of Firebelly Films.

[Life Of Agony Video "SCARS" Premiered on BILLBOARD!](https://www.billboard.com/articles/columns/rock/8526950/life-of-agony-scars-video-premiere-the-sound-of-scars-album)

[Watch **THE SOUND OF SCARS** Life of Agony Documentary Trailer >](https://www.youtube.com/watch?v=2-Y5PIygyxM)

For more information on Life of Agony, official websites and social media, visit: <https://linktr.ee/lifeofagony>