

For Immediate Release
August 2nd, 2011

**HARVEST and GOOD FIGHT MUSIC Release ‘Years of Defiance.
Years of Disgust.’ Today**



Metalcore pioneers **HARVEST** and GOOD FIGHT MUSIC are pleased to announce today's release of the band's new 7 inch, *Years of Defiance. Years of Disgust.* The 7 inch features two new songs, as well as the last unreleased track written in 1999 ('Torture Inhibition') and a new version of a song that was originally released on a CD compilation and *Transitions* ('Soul Burn'). A special digital version of the EP includes a new version of the song 'Conditioned' as a bonus track only available through [iTunes](#). *Years of Defiance. Years of Disgust.* is available in two different limited color pressings, white and clear.

Determined to create intense music regardless of geographic distance, *Years of Defiance. Years of Disgust.* was written and recorded in three different cities; Minneapolis, Toronto, and Sao Paulo, Brazil. Mixed by Jay Maas (Getaway Recording/Defeater) and Dan Zimmerman and mastered by Alan Douches of West West Side Mastering, *Years of Defiance. Years of Disgust.* is the record that **HARVEST** fans have been craving for over ten years.

HARVEST is:

Dave Walker - vocals

Dan Zimmerman - guitar

Adam Patterson - drums

Jon Mcaab - bass

Mike Duffy - guitar

For more information on **HARVEST** and upcoming events, please visit:

<http://www.facebook.com/harvesthc>

<http://www.twitter.com/harvesthardcore>

<http://www.harvesthc.com>

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