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Wow, this dude used to play guitar for a band called Shiftchangers and now he's kind of stepped back from the whole rock thing and released a record that's bluesy and folksy and reminds you of Bob Dylan without the nasal singing. Would you believe his day job is as a pschotherapist? That type of job should definitely provide a wealth of material for songwriting. I guess this is what you would call introspective music because he explores a lot of the things that you sit around thinking about on any given day. The music is pretty serene and the vocals are nice and soothing and you find yourself really enjoying the melodies as you sit back just flow with the music. His lyrics are extremely thought provoking so kick back and take a listen. You won't regret it.