



# Joshua Armstrong

new album *starting over* available Nov. 20, 2008

## Biography

Joshua Armstrong is a 22-year-old singer and songwriter who recently moved to Nashville, Tenn., from Sacramento, Calif., where he'd been studying psychology at Sacramento State University. With only a year left before earning his degree, he decided in January 2008 that time was of the essence to pursue music, so he left all his friends and family behind and started over in a completely new city.

Thus was born Joshua's first full-length album, which he's appropriately titled "Starting Over" that is scheduled for release in November 2008. It's a project that he's spent more than two years writing and recording with various producers. While it was a long and tedious journey, he matured throughout the process and hopes listeners agree it was worth the effort. The album is contemporary pop/rock and influenced by artists such as Third Eye Blind, Matchbox Twenty, and The Fray.

Joshua started playing the guitar at age 9 in his hometown of Salinas, Calif. (near Monterey). At about age 16, he started experimenting with songwriting and performing sporadically all while exploring various genres.

Besides guitar and some piano lessons while growing up, Joshua spent plenty of time skateboarding, snowboarding, fishing, hunting, horseback riding, and even participating in a few junior rodeos. Snowboarding and junior rodeo resulted in a couple broken arms – something that now must be avoided as a working musician.

Currently, Joshua and his band are gearing up to take "Starting Over" on the road and are scheduling dates in the midwest and southeastern United States. At the same time, Joshua continues to build his songwriting portfolio both by himself and by co-writing with and for other artists.

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