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LIFE IN VACUUM
SHARE DETAILS ON NEW LP *ALL YOU CAN QUIT*
AVAILABLE APRIL 27, 2018 ON NEW DAMAGE RECORDS;
PRE-ORDER THE ALBUM [HERE](#)

LISTEN + SHARE NEW TRACK “APARTMENT” [HERE](#)

SEE THE BAND IN TORONTO APRIL 27 AT BABY G AND IN WATERLOO APRIL 28 AT CHAINSAW



Download Hi-res pic [HERE](#)
Photo Credit: Brian McMillan

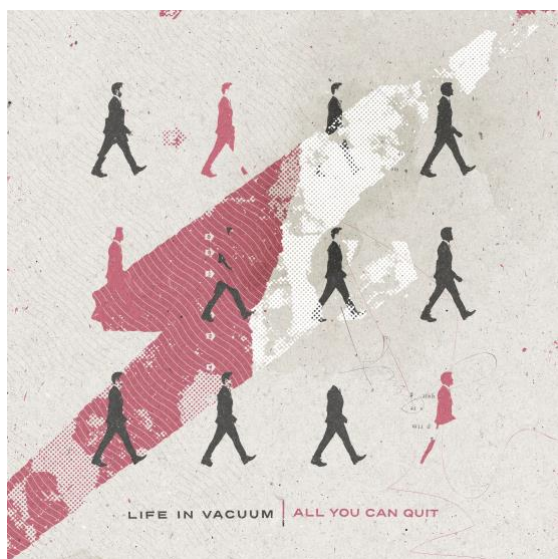
(March 8, 2018 – Toronto, ON) – Toronto-based trio **LIFE IN VACUUM** will release their third full-length LP *All You Can Quit* on **April 27** through **New Damage Records** worldwide. Produced by Josh Korody (Fucked Up, Dilly Dally, Weaves), at the Candle Recording studio in Toronto, *All You Can Quit* follows the band’s acclaimed sophomore LP 5. In anticipation of their forthcoming full-length, the band has just released their brand new single “Apartment”. Listen + share the track [HERE](#).

On the new track guitarist vocalist Sasha Chorny had this to say, "Apartment is the newest track on the record. We wrote it in about half an hour just a month or so before going into the studio, everything just somehow fell into place right away. Lyrically the song is about looking back at the old days, high school shenanigans, skipping class just to hang at a buds' apartment downtown and dabbing into trouble at an early age. Should have finished that university degree! "

Known for delivering an explosive, high-energy brand of aggressive rock, the 11 new tracks on *All You Can Quit* showcase the pinnacle of Life in Vacuum's dynamic sound to date, shifting seamlessly from raw aggression to intricate and ethereal delicacy – always musical, always awesome. The album is available to **pre-order** via New Damage Records [HERE](#). Fans who take advantage of the pre-order digitally will receive "Apartment" as an instant grat track.

Formed in 2006, LIFE IN VACUUM is comprised of Ukraine-born brothers Sasha (guitarist/vocalist) and Ross Chorny (drummer), as well as Geoff Albrecht on bass. To date, the band has released three EPs, two full-length albums and a comic book. Life in Vacuum have toured rigorously in their time together, bringing their high-energy, piss-and-vinegar performances everywhere possible – from raucous house shows in sweaty Toronto basements to tours throughout the U.S., Europe, and South America. They've shared stages with the likes of MeWithoutYou, PUP, and Metz and have performed at high-profile events at SXSW, The Fest, NXNE, and Canadian Music Week.

Life in Vacuum will celebrate the release of their new album on **April 27** at **Baby G** in Toronto and on **April 28** at **Chainsaw** in Waterloo. For a list of all upcoming tour dates, please see below.



Download Album Artwork [HERE](#)

All You Can Quit Track Listing:

01. Jazz
02. Apartment - [LISTEN](#)
03. The Screaming Fish
04. Quitting
05. All You Can Eat
06. Bully
07. Sinker
08. Cut Throat

- 09. Champion
- 10. It's You
- 11. Uniform

***Upcoming Canadian Tour Dates:**

- 04.27.18 – Toronto, ON @ Baby G
- 04.28.18 – Waterloo, ON @ Chainsaw

Additional Tour Dates:

- 04.08.18 - Mexico City @ secret show
 - 04.12.18 - Nuevo Laredo @ LanVilla Café^
 - 04.13.18 - Saltillo @ Pizza Rock^
 - 04.14.18 - Monterrey @ Salon Morelos^
 - 04.15.18 - Matamoros @ Espacio Vacio C.C. Independiente^
 - 04.19.18 - Torreon @ El Armario^
 - 04.20.18 - Durango @ Night Hawks^
 - 04.21.18 - Zacatecas @ Destroy Bar^
 - 04.22.18 - Aguascaliebtos @ Umagumma Pub^
- ^ w/ Joliette

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