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(OCALA, FL - February 16, 2024) - **Central Florida Post-Harcore band Losing Days have released a powerful new single titled Stay Stagnant - [Listen](#).**

Losing Days - **Josh Parker** (vocals), **Wolfgang Mayr** (guitar/vocals), **Lee Moor** (guitar), **Thom Morse** (bass), and **Scout Infanzon** (drums) have combined to ignite nostalgia at the heart of every early 2000s Post-Hardcore/Emo fan with moody guitar riffs, cathartic lyricism and a modern twist on production.

"Stay Stagnant is about finding the strength to move past someone who only takes from you, no matter how much or what you give them. This release is important to us because we want others to have the courage to stand up for themselves, and know that they're worth more than being taken advantage of and gaslit into believing that the situation they're in is their own fault," shares Josh Parker on the significance of this track's meaning.

Hailing from Central Florida, the band Losing Days draw inspiration from the raw emotion of early 2000s bands; Senses Fail, Silverstein and Mayday Parade. With a

contemporary twist they breathe a new life into the nostalgic sound creating a dynamic and impactful listening experience.

"We hope our listeners will be able to find a connection with our experience and that it may be able to help them in some way, whether that's getting themselves out of a bad situation or healing from one." Continues Parker.

Stay Stagnant is now available on all streaming platforms! [View the full press kit here!](#)

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