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# Release Sheet

# COMANIAC

## Instruction For Destruction

**Band Contact:**  
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**Artist:** Comaniac  
**Band Members:** Jonas Schmid (Vocals, Guitar)  
Valentin Mössinger (Guitar)  
Stefan Häberli (Drums)  
Raymond Weibel (Bass)  
**Country:** Switzerland  
**Active since:** 2012  
**Genre:** Thrash Metal  
**Homepage:** www.comaniac.ch

**Album:** Instruction For Destruction  
**Release Date:** 07.04.2017  
**Label:** SAOL / METALWORLD  
**Release Format:** CD, Vinyl, digital  
**EAN Code:** 4260177741748  
**Past Releases:** Cowshed Demo (Demo 2012)  
Tumor Troop (EP 2013)  
Return To The Wasteland (Album 2015)



„Instruction For Destruction“ lyrically deals with the relation between individual and society. Every of the ten songs tells a different story of a decaying system while this system might be a person or an institution failing to exist for its own. It's the modern surrounding of it bringing unsolved problems, duties, responsibilities and rights. Yet the system fails while trying to follow an instruction given by society itself. It's the reflection of modern syndromes like self-destruction, loss and the sense of life in a context of ethics and social sciences which makes this album stand for its own.

*Tracklisting: 01. Coal / 02. Suborned / 03. Bow Low / 04. Guarding Ruins / 05. How To End It All / 06. Self Control / 07. Shattered / 08. Heart Of Stone / 09. Forever More / 10. Instruction For Destruction*

### Biography

Doers will prevail. The action is called Thrash Metal and the sovereigns are Comaniac (Company of Maniacs).

The young outfit is the promise when it comes to Swiss Thrash Metal, showing how the past can be redefined up to date.

In 2012 the four members broke through by the formation of the band presenting their first Demo „Cowshed Demo“. The reactions were huge but the hunger was bigger. So the Band released a second record named „Tumor Troop“ just a few months after the first one - and it took the band to the next level giving them the opportunity to play shows in Switzerland and Europe with established acts like Coroner, Exodus or Kreator.

In early 2015 Comaniac released their Debut Album. Several international zines rated „Return To The Wasteland“ as „the thrash highlight of 2015“ (powermetal.de, 9.5/10). Comaniac were enabled for a first touring experience in Croatia as well as playing the legendary MetalDays Festival in Slovenia where the band gathered the reputation of a eye-catching, ass kicking live act.

Caused by the great demand „Return To The Wasteland“ got reissued on the American label Stormspell Records.

In April 2017 the second album of the Swiss hopefulls will be relased on SAOL records, showing a muscal maturing and a recognition not seen by many youg thrash metal bands.



### Album Reviews „Return To The Wasteland“

«A nifty national treasure these guys seem just about ready to transcend the veil of obscurity and bring the metal to the masses.»

-Matt, Two Guys Metal Review

«This traditional thrash metal album brings all the must-haves of a good thrash album to the table and performed with aggression in such a way it feels fresh to the point where it's as if I'm hearing it for the first time.»

-Vinterd, Metal-Addicts

«Everything here is on place. Comaniac created it's own style by mixing a lot of different inspirations, making everything sound like a thrash-metal compendium.»

-Wojciech Michalak, Old School Metal Maniac