



*Insanity* are the cult death thrash pioneers that first used the early blast beat combined with technically brutal riffing in 1985. *Insanity* gained legendary status in the underground tape trading and fanzine circuit when their first demo was circulated worldwide. However, due to the untimely death of co-founder Joe DeZuniga and the first album label going defunct, the band remained relatively underground for many years. The come back gained momentum after being covered by Napalm Death on their Leaders Not Followers vol. 2 CD. Soon after, new releases came out such as the "From The Grave" a compilation distributed by Relapse (and Listenable in Europe), the vinyl 7" release of the first demo (included with Snakepit mag #15) and the 2 CD Digibook "Chronicles of the Cursed" released by AreaDeath productions in China. *Insanity* has been steadily increasing in popularity backed by a most dedicated fan base. Although the death of original drummer Bud Mills in 2007 delayed and sidetracked the plans made to fuel a come back, the band re-formed and has toured the U.S. west multiple times since in 2009 and toured the Northeast and midwest in 2011. Following a period of writing and recording, the official 2nd full length release *Visions of Apocalypse* and a split called *Make It A Beast* featuring some old classics are coming out in 2015. By the end of the summer a demo of songs that will be on the third full length release will be coming out. The band has written 10 songs so far and is excited to put out a follow up album.

"*Insanity* were instrumental in metal's evolution from thrash to death metal. The band's sound more than lived up to its name. Not only did it crank thrash up to frenzied warp speeds, it also displayed chops well ahead of its time. *Insanity* were legendary worldwide in the '80s metal tape trading circuit, with members of Carcass and Napalm Death citing them as an influence." ~ Cosmo Lee, All Music Guide

"*Insanity* never became legends, but they should have..., they should have taken a place alongside Death, Possessed, and Morbid Angel as a groundbreaking technical Death/Thrash outfit... The strength of the songs that the band wrote in the mid 1980s is beyond question. The sophistication of the *Insanity* material is on the same level as Possessed at their most fearsome, but a lot faster. It is a testament to the power of these unsung DM pioneers that these tunes still sound so damn fierce. Hopefully this disc will help the band to finally be given its due as an important, albeit missing piece of the puzzle that is the evolution of Death Metal." ~ Matt Harvey, Exhumed, et al...

"I was stuck on the strength of one demo, one track from which Napalm Death covered on our "Leaders Not Followers 2" opus ("Fire Death Fate"). I did not need to know any more about them - apart from the fact that they were making stupendously technical thrash when most bands of the ilk were still discovering the third chord. Just picture the scene of Napalm bass player Shane jumping up and down with joy when our *Insanity* cover came to life in the studio and realize how much they meant in their small way." ~ Barney, Napalm Death '05

