

# Sam Foster: OCD in Music

## Seattle Blues/Soul Singer/Songwriter

I am Sam Foster, a singer, musician, and songwriter from Seattle, Washington.

Early in life my passion for music led me to singing, songwriting and performing. I have performed for large audiences onstage with the likes of Sheila E., The Roots, Mike McCready, and Mycle Westman. At age 14 I released an EP, and since then I've honed my writing and composition, created a new sound and am releasing my latest record at age 18.

I've learned to create art from the personal pain in my life, art which takes the form of soulful, blues-influenced songs. Since I was young I have struggled with severe Obsessive-Compulsive Disorder, a mental illness that manifests in uncontrollably anxious thoughts that compel a victim to perform painstaking rituals to quell the fear. Such consistent pressure led me to songwriting as an outlet. This is on full display on my new record, "OCD", which is a cathartic journey through OCD experiences, anxiety, and depression.



**Listen to select tracks from my upcoming album using the private links below:**

<https://soundcloud.com/user-832339385/needles-in-my-mind/s-mIrHS>

<https://soundcloud.com/user-832339385/deathly-lullaby/s-zEla3>

<https://soundcloud.com/user-832339385/save-me/s-iJ6lb>

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