The New Single,
As Heard On



(((Siriusxm))) Ch.37

"I LOVE THIS BAND...
and I love this track so
much. When I heard it
a few weeks back I was
BLOWN AWAY!"

—JOSE MANGIN, SIRIUS XIM





"Being a New Jersey kid, I've been a Life of Agony fan since I was in high school. With 'Lay Down' they prove to be as potent a force as ever. I can't wait to hear the whole album!"

-DOC COYLE, BAD WOLVES



"So stoked on this new track from one of my all time favorite bands LOA. One of the most influential artists I was inspired by over the years. Their new song Lay Down encapsulates everything I love of this band and can't wait for the new full length to drop!"

—TOMMY VEXT, BAD WOLVES

"Still here to tear it up, tear it out and get their aggression out. Life of Agony dropped their new video for Lay Down today! STOKED, for their new record out in October."





"This song is great! This band is awesome! Life Of Agony really knows how to LAY DOWN incredible music!"

-DARRYL MCDANIELS, DMC (RUN-DMC)



"LOA IS BACK! Melodic and as powerful as ever!"

—MARKY RAMONE, THE RAMONES





"Lay Down has old school Zeppelin groove that I love to hear and play!!! It's a total FUCKYESSSS!!!"

-DOYLE W.V.F., DOYLE/MISFITS

"Killer track. LOA never disappoints. Long may they reign."

*—MICHAEL ALAGO, A&R EXECUTIVE* 





"I'm really diggin' my longtime buds' new song "Lay Down"! New & classic LOA at the same time - I'm PSYCHED to hear the whole record!"

-FRANK BELLO, ANTHRAX

"Having been a LOA fan for many years it's especially gratifying to see them still making music and waves in 2019, and judging by 'Lay Down' we have another modern Agony classic in the making."



—DON JAMIESON, THAT METAL SHOW



"Really dig the new LOA single 'Lay Down'. Has a great groove!!

-JOHN TEMPESTA, THE CULT



"Lay Down has been worth the wait! This one is packed full of everything I love about LOA, injected with modern day badassery!

—BILLY GRAZIADEI, POWERFLO



"WOW - the new song is SICK! I have no idea how radio works these days, but Lay Down should be jamming out in every parking lot in America!"

-WALTER SCHREIFELS, QUICKSAND



"Great song & chorus.
Catchy as fuck. My
favorite line is "The
rest is up to you, There's
nothing left to prove,
The scars that bind us
are all we ever knew."
I can relate to that!"

-TOBY MORSE, H2O

"Oh man, love it. Life Of Agony's heartfelt & heavyweight method-of-groove never sounded so killer & so uniquely their own sound than with their new sensuously brutal LAY DOWN."



-CORIN HARDY, DIRECTOR OF 'THE NUN'



"From that crunching opening riff, it wasn't that I felt 16 again, but proud of where the music I grew up has landed. LOA turned 25 years of musical knowledge and crafted a driving, intoxicating, RELEVANT track for any rocker in 2019"

-ORLANDO, 94.3 THE SHARK

"Classic LOA with a modern twist. Over 25 years later and the band keeps getting better!"

—ROB RUSH, PROGRAM DIR. & HOST, 94.3 THE SHARK



"Years later, still evolving and making GREAT NEW MUSIC! Can't wait to hear the full album!"

-SCOTT EVIL, 105.5 WDHA

"Life Of Agony is an insatiable addiction for me, with 'Scars' and 'Lay Down' tickling my appetite for more. They are my faaaaaaves, along with their legion of fans worldwide. Give me more!"

—CAROLINE WILLIAMS, TEXAS CHAINSAW MASSACRE 2