## **Mp3 Downshift - A Blueprint Of Suppression**

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A brutal mix of NIN, Slipknot, and Nothingface. This CD/DVD package includes concert footage, music videos, and assorted antics. 13 MP3 Songs ROCK: Hard Rock, ROCK: Modern Rock Details: 2005 full-length album "A Blueprint of Suppression" marked the return of Omaha's Downshift, clocking in at approx. 45 minutes of pure midwest metal. This pressing of the disc includes a limited-edition bonus DVD, featuring live footage, videos, a band documentary, and outtakes. "Broken hearts, broken bones and broken promises. The new album from Omaha metal band Downshift is a byproduct of all those things.." - Omaha World Herald (May 19, 2005) "...catchy, buzz-saw guitar riffs and assault-rifle-like double-bass drumbeats...", "...impressive guitar work, eery, haunting keyboard effects and an overall sound that will certainly find fans...", "...this album reflects influences of bands like Slipknot, Tool and Nothingface." - The City Weekly (May 18, 2005) "The music and lyrics are a journey through escaping chemical addiction, death, failed relationships and the band's idea of what it's like to be one of them -- to hit the depths and climb back out." - Fremont Tribune (May 19, 2005)

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