

PRESS RELEASE EP «I WASN'T READY» by MONA GRYTØYR

Do we need artists like Mona?

An artist who, over the past few years, has produced her own music and taken the liberty of arranging and producing other people's music.

Do we need a grandmother who uses music to ask difficult questions while giving us everything she's got – from A to Z, via M for Mona?

Do we need more cover versions?

What is it that actually drives this woman?

Nature and nurture have given her a brain that doesn't quite understand the norms and rules about when she ought to find something else to do and perhaps let the younger generation take over.

When she encounters resistance, it gives her inspiration for the next song. That's how it is. Mona's previous releases have always had something searching about them. Mona is also an artist who surrounds herself with outstanding musicians such as Jarle Vespestad, Steinar Raknes and Stian Carstensen. This has given Mona even more inspiration to produce more music.

Is it worth keeping an eye on these releases every time she gets caught up in all these feelings?

You won't get the answers from Mona herself, but keep watching.

Because she isn't giving up.

Now her EP is ready with:

"**I Wasn't Ready**" consists of three original songs and two cover songs. The title track offers a kind of look back and a reflection on why she has needed time to find herself amid an inner and outer chaos that provides both extra fire and motivation.

"**What happened to you honey**" is a reflection on some of the men she has met throughout her life.

"**Indian Summer**" was released by Mona in 2007, now in a new form.

"**Something Broken**" Written by RC Finnigan and Lars Håvard Haugen. Mona has tried to give this song a new expression in an arrangement developed together with Richard Wikstrand and Odd Arne Klungseth.

"**Peaceful Easy Feeling**" is performed together with her mother, Liv Solfrid, who might just make you stop and think. Here we actually have the female version of Johnny Cash, seriously. No kidding. Liv Solfrid and Mona's father, Bjørn Falk Grytøyr, released music together until he passed away in 2024. This song is a tribute.

"I WASN'T READY" is a production with a more confident sound. This time she is collaborating with Richard Wikstrand (Wikstrand og de fryktløse). It feels absolutely right.

Mona first met Richard almost 40 years ago. Many years passed without much contact, but their lives had many things in common. When they found their connection again, Mona realised that he plays guitar straight from the heart, with a kick that hits you right where it should.

She brought in Odd Arne Klungseth, who plays drums with genuine feeling, and Steinar Johnsrud, a bass player whose kind you don't find many of in Norway!

So, why not burn through about 2 litres of Mona per ten kilometres this autumn?

Produced by Mona Grytøyr and Richard Wikstrand