

All songs written and recorded by Holly & Plastic Copyright 2006

Tracks 4 and 11 recorded by Jeremy Helbling at Topsoil Studio

Track 8 co-written and recorded by T. Lemies

Mixed by Andrew Johnson and Jeremy Helbling at Topsoil Studio

Mastered by Tom Washatka at Steel Moon Recording

Visual Assistance by ttraveler and Guy Villa

Stephen McCabe (marimba) track 6

Eric VanThiel (clarinet) track 13


Mike Soffa (pedal steel) track 4

Stuart Rossiter (upright) track 4

Track 13 with all love and respect to Tom

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Life After the Lie