

1. Identity

- Andrew Adkins — Nashville musician/songwriter/producer, multi-instrumentalist
- Born and raised in Defiance, OH. Currently resides in Nashville, TN.
- Guitar, bass, vocals, harmonica, keys/synthesizer, piano, drums, percussion, banjo, mandolin

2. Early career

Mellow Down Easy (2002-2010):

- Mellow Down Easy formed in 2002 in Nashville; it featured Andrew Adkins on vocals, guitars, piano, and synth. Daryl Wayne Dasher on bass, vocals, and guitars. Rodney Russell on drums and percussion.
- In 2006 readers of Nashville Scene, a local entertainment publication, voted Andrew Adkins one of the top 3 "Best Local Songwriters" in their annual reader's poll, alongside songwriters Marcus Hummon and Will Hoge.
- The band signed with Dualtone Records in 2009, ahead of their final album, *Cosmistura*.
- The band toured all over America for 8 years.
- Shared the bill with such notable artists as the country group Little Big Town and the Grammy-winning rock band Cage the Elephant.

Lions for Real (2010-2013):

- The band was formed in 2010, featuring Andrew Adkins on guitars, John Banzhoff on lead vocals, Kyle Blankenship on bass and vocals, and Jonathan Biggs on drums and percussion.
- The band played regularly around the Southeast from 2010 until the band broke up in 2013.
- The band was scouted by former Atlantic Records A&R man, Kevin Carvel who recently took a job with Werewolf Heart Records. The label was found by actor Ryan Gosling and run by Timmy Anderson from the cult indie rock band Ima Robot. The band shortly thereafter signed with the label under a developmental deal.
- Tensions within the band started; pressure from the label and infighting led to the dissolution of the band in 2013. They played their final show at legendary Nashville venue 12th & Porter.

3. Solo career (2016-Present):

Following his work with Lions for Real and his earlier recording projects under The Colored Parade, Adkins began his official solo catalog under his own name with *Glass Castles* in 2016.

- *Glass Castles*, released in 2016, stems from a previous solo project that Adkins did under the pseudonym The Colored Parade. The project spawned the underground indie hit, "*I'm Indestructible*," which was picked up and licensed by several different TV shows and film trailers. Following the success of "*Indestructible*," Andrew decided to drop the pseudonym and planned to release future music under his own name. Intentionally, he decided to go in a more rootsy, Americana direction, which ultimately led to the songs on *Glass Castles*.
- *To Become Immortal Then Die* was released in December of 2017. The album consists of previously released material from *The Colored Parade* project, as well as some new and unreleased material.

- *The Echoist*, released in September of 2020, saw Adkins return to similar music stylings of his earlier rock sound while also incorporating more experimental material as well as the ever-present blues, roots, and country influences.
- *Rattlesnake Motions*, released in July of 2022. The album continues where *The Echoist* left off in terms of style while bringing in more atmospheric sounds. Synthesizers were heavily featured throughout the album, influenced by Adkins' recent scoring and composing work he was currently doing at the time.
- *Superior Vena Cava*, released in September of 2025, is Adkins' most experimental and sonically adventurous album to date. The songs feature an array of sounds, more sampling, modular synthesizers, and a return to stripped-down, intimate acoustic numbers.
- *Glass Castles (10 Years: Remixed/Remastered Edition)* released in July of 2026. Adkins stated that he was never happy with the previously released, 2016 version. He remixed and remastered the album, showcasing the album the way he originally conceived it and wanted it to sound like, a decade prior.

4. Film/TV/sync

- Film/TV sync placements:

"I'm Indestructible" television series, "Kingdom" (DirectTV) 2014

"I'm Indestructible" film trailer, "Cymbeline" (Lionsgate Films) 2015

"Fire and Brimstone" film trailer, "All Things Must Pass: The Rise and Fall of Tower Records" (Gravitas Ventures), 2015

"The Movement" television series, "American Supergroup" (MTV2/PopTV) 2016

"Mirror Black Mirror" television series, "Salvation" (CBS) 2017

"I'm Indestructible" television series, "Six" (History Channel), 2018

"I'm Indestructible" television series, "All or Nothing: The Carolina Panthers" (NFL Films/Amazon Prime) 2019

"Weary Man" television series, "Cold Justice" (Oxygen Network) 2020

"Everything and The Universe," television series, "Barwy Szczescia" (TVP2, Poland) 2021

"Mass Kingdoms" television series, "Getaway" (9 Now), 2022

"Before I Go Too Deep" television series, "Car Fix" (Discovery) 2023

"Secondary Legend" television series, "All Girls Garage" (Discovery) 2023

"Tangled In Machines" television series, "All Girls Garage" (Discovery) 2024

"Better and Better" television series, "Tom Kerridge: Secrets of the Pub Kitchen" (Discovery+) 2025

"Consisting of Love" television series, "Gen Well" (Foxtel's Lifestyle/BINGE), 2025

"May the Stars Fall at Your Door" television series, "Gen Well" (Foxtel's Lifestyle/BINGE) 2025

"Be Free" television series, "Good Day" (MBC Korea) 2026

Score/Cue Work:

"An Allegory of Prudence" television series, "Drag Race Italia" (Paramount+) 2021
"Stampede" television series, "Better Human, Better Dog" (National Geographic), 2022
"Consisting of Love," television series, "Return To Amish" (TLC) 2022

"The Elegant and The Broken" television series, The Real Wild West (PBS), 2023

"Outrider" television series, "Der Germanator" (Discovery) 2024

"Uneasy Movements" television series, "To Catch a Smuggler: Tropical Takedown" (National Geographic), 2024

5. Critical recognition

- American Songwriter
- Paste
- No Depression
- Billboard
- Vintage Guitar Magazine
- Huffington Post
- Pop Matters
- AXS.com
- Americana Highways
- Nashville Scene

6. Current status

- Nashville/East Nashville
- Current releases
- Current projects

Current official links:

<http://www.AndrewAdkins.net>

<http://www.Instagram/OfficialAndrewAdkins>

<http://www.Facebook/OfficialAndrewAdkins>

<http://www.YouTube.com/OfficialAndrewAdkins>

7. Corrections

Frequently misreported:

- *Troublesome, My Love* was a limited/demo recording released in 2011 while Adkins was still associated with Lions for Real. Although contemporary promotional material described it as his “first solo album,” Adkins considers *Glass Castles* (2016) his first official solo album released as the beginning of his continuing solo catalog.
- There are often two "Andrew Adkins" found, both music artists. One is a folk Appalachian singer from West Virginia, and the other is an acclaimed rock 'n' roll artist in Nashville.