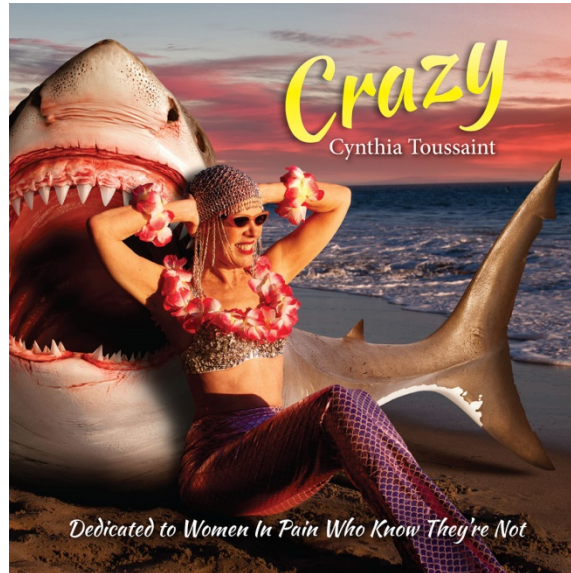


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For Grace Founder Cynthia Toussaint Releases Her Second Album to Aid, Comfort and Inspire Women with Chronic Pain Across the Globe

The healing power of music highlighted in this 9-song collection promotes following your passion to help control the daily burden of persistent pain

LOS ANGELES (May 26, 2021) – For Grace Founder **Cynthia Toussaint** has released her much anticipated follow-up album, ***Crazy***, that aims to provide women challenged by chronic pain hope and understanding through music and performance.

The 9-song CD set was recorded by Toussaint over a 7-year period, one in which she faced daunting barriers to complete: multiple flares of her pain disease, Complex Regional Pain Syndrome, familial trauma, a broken elbow, and most recently a breast cancer diagnosis (she is now cancer-free). Through it all, Toussaint kept her focus on a project that she felt certain would bring comfort and inspiration to women in pain like her. Toussaint is in partial remission from her pain disease from which she has suffered since age 21.

Dedicated to “Women In Pain Who Know They’re Not,” the album is an antidote to the gender bias women face in pain management as they’re often told their physical pain is “hormonal”, “hysterical” or “all in their head.” This battle against a male-dominated medical establishment that perpetuates gender inequalities forms the basis of Toussaint’s life work through her nonprofit, **For Grace** (forgrace.org).

“Music helps you endure, overcome, and makes you stronger and more resilient. It gives joy,” says Toussaint. “I use piano and singing as a distraction from my pain. Music is a language that demands using another part of the brain. When I’m in that language, there’s little else happening, including pain. If you live your passion, other things take a back seat.”

Dubbed "The Crazy Music Project", Toussaint selected songs she loved while growing up, and that speak differently to her post-illness. Each song metaphorically explores a different part of her pain experience, and she hopes that women in pain will find this collection inspirational while bringing fun and hope to their lives. The overall message of the project is that following one’s passion is a sure path to better health and wellness.

The *Crazy* cover art, which depicts Toussaint as a triumphant mermaid with her back to a menacing shark, personifies the resilience and perseverance needed when facing severe chronic illness. Toussaint shot the cover while bald from chemotherapy and with little make-up due to COVID restrictions. Also, access to the beach was a substantial challenge as she uses a wheelchair for mobility. Turning her back on the menacing shark represents Toussaint leaning on her fears while looking to the horizon as a springboard to the future. It’s as if Toussaint is saying to the Women In Pain community – “Use your impossible challenges to bolster and support you as you move forward. After the darkness you’ve faced, what could possibly frighten you now?”

The Crazy Music Project is free to listen to via For Grace’s website at www.forgrace.org. A CD with full-color jacket and disc art can be ordered on For Grace’s website for a suggested \$50 donation.

Toussaint’s *Crazy* project is an example of using music therapy to reduce pain and anxiety. According to the Journal of Music Therapy, music is an effective intervention and is widely used in hospitals, skilled nursing facilities, hospices, psychiatric treatment centers, drug and alcohol programs, schools and other facilities to treat individuals with Alzheimer’s disease, dementia, Parkinson’s, stroke, cardiac conditions, Autism, and other conditions in which music can play a key role in improving comfort and well-being.

Toussaint continues, “Music, song and performance are forms of self-care. When women follow their passions, whatever they are, it puts them in the driver’s seat for pain management. You don’t need a prescription, and the only side effect is feeling good with less pain. That’s music to my ears.”

Crazy Track Listing

1. The Tide Is High
2. Crazy
3. Time After Time
4. Crazy Little Thing Called Love
5. At Seventeen
6. Ode to Billie Joe
7. To Sir with Love
8. You Make Loving Fun
9. Over the Rainbow

About For Grace

Founded in 2002, For Grace is an internationally recognized organization whose mission is to promote care and wellness for women impacted by high-impact pain. For Grace has educated, supported and empowered millions of women in pain through the use of public advocacy, legislative outreach and mass media. For more information, please visit For Grace at www.forgrace.org.