

To me, there's just one main thing that can ruin an otherwise great album - cheesy lyrics. They really do stand out like a sore thumb. Please forgive me when I jump straight to some of the not-so-inspired words in Staind's LP 'Break the Cycle', without giving a proper introduction. Well I'm being unfair, the following lyrics could actually be perfectly reasonable; that's what I'll discuss. Then I'll try to review the album in a way that isn't so petty. I promise. So the song 'Pressure' goes 'my head hurts, this s\*\*t isn't getting me high. My chest feels so tight, am I going to die? My stomach's in knots and the room starts to spin, as I wait for this Valium to slowly kick in.' Whenever the word 'die' is used in metal songs, alarm bells saying 'laaaaaame!' ring. However, this case is a special one: When you're having a panic attack as the song describes, you do actually worry that you're going to die. It's not like the mindless stuff 80s thrash bands would come up with, such as in the made up though realistic song 'Full Body Murder', which goes 'your eye... die! Your thigh... die! Your nose... die! Your toes... die!' or whatever. If you think the prior was exaggerated, check out 'Creeping Death', by Metallica - Countless dies. Yes, I'm aware I keep saying the word, too.

I actually really like the rest of this album, other than the song 'Epiphany' which is annoying. To be honest I like 'Pressure', too. Just forget what I said earlier. It was dumb. Interestingly, the song, 'Fade' sounds like a tune on the SNES version of Legend of Zelda. Just in case you don't believe a non-progressive metal/non-power metal band could make use of such a strange source of inspiration, I'll find the song for you to compare. Unfortunately the soundtrack's track listing I have on CD is in Japanese, and not surprisingly I can't read the language. Unlike most European languages, I can't even read a single letter, which is just a little bit depressing. So now I'm searching for the track on Youtube, just to prove I'm not bulls\*\*tting you. But what could the track be called? Well, I have a list of LoZ names on my computer screen in front of me, but they're not helping: 'Forest' or 'Kakariko Village', perhaps? Could be either? I don't know what scales and chords trees sound like, nor do I know what houses sound like. Eek, better be careful not to make this a Zelda review. Two reviews and even two vastly different genres in one entry? As far as I know that's never been done before and for good reason: Why?

Anyway, I'm determined to find this track... As I'm searching, I'm coming across all sorts of crazy titles, I really am: 'Inside Jabu-Jabu's Belly'? It reminds me of the film 'Innerspace' where a man and some kind of special machine gets shrunk and gets inserted into another man's body. But forget about the interesting story, it is a PG film, but it still has the word 's\*\*t' in it, making it one of my favourite movies as a child. Badass. I'm sorry, I'm badly digressing with a soundtrack from Youtube still on in the background. Don't worry, I'll find what I'm looking for. Just expect another strange anecdote or two, so I feel like I'm working. Here's one at least: I've just eaten a pistachio nut that tasted of a coffee bean. Yes! I've found the song on Youtube, it's called... Oh it's written in Japanese too! Wait, wait, wait... I'VE FOUND THE MOTHERF\*\*ER! YES! I was worried this day was going to be as bad as the one I spent three hours trying to come up with jokes, but basically did F all. The song is called 'Zelda II - The Adventure of Link - Title BGM'. Sorry if I went a bit OTT with my excitement there, I just didn't want people to think I music lied and made something up. I so didn't. Now I'll move on. Somewhat anti-climactic possibly, I know.

Staind, then! It seems the band takes a little and gives a little: Their song 'Outside'

has been performed live by Limp Bizkit's Fred Durst, apparently. It's not exactly my favourite song on the album, to be precise it's actually my second least favourite, but I can guess why it was successful: It is very commercial and non-threatening. Most people don't like being threatened, even through song. Now I'll talk about the band name: Those familiar with Ali G will know that his association with the town once called 'Staines' was so infamous, the area had to change its name to 'Staines-Upon-Thames', in an attempt to brighten its image, but effectively making no real difference whatsoever. My question is 'what if the band in question became as famous as The Beatles, or whatever and for their latest album artwork - bare with me, this is a bit of a unusual situation - they stained their clothes so badly, no washing powder in the world could save it?' In that case, would the word 'stained' be changed by washing up companies to maybe 'dained' to distance themselves from the group and therefore to make it seem nothing can be stained forever? It's just a thought. Not necessarily a deep one, and I'm not completely sure it made sense. It was more an idea to take up space, but hey. Yep, I've done it again. And on that apathetic note... Bye! (8/10).