Today, I'll be reviewing 'Ashes of the Wake' by Lamb of God! What is a lamb of God, you may ask? (I did, anyway). It's not the main ingredient of the best curry ever as you may expect, (I didn't, which is something) actually it's another name for Jesus Christ. Needless to say, putting him in a curry would be one of the worst actions in the history of mankind. I mean it's well beyond too far it's an absolutely despicable thing to do. He's the son of God, his main job is to save mankind and that's how you repay him?? Again, it was a misunderstanding but if you ever feel bad about something you've done, at least it doesn't compare with deicide. In a way it's a fair enough mistake to make though, as LoG's music is pretty heavy, what has heaviness got to do with Jesus in a normal situation? He's surely been betrayed in some way, maybe Judas joked about putting Jesus in a curry or something? Heavy music about Satan would make sense, but why would Satan refer to himself as the Lamb of God?? As in 'I'm going to destroy Earth and enslave its whole population for eternity in a lake of fire. Now what should I call myself? Aha! 'Lamb of God'!' Very weird obviously, but like all supervillains, it's for the greater good if they are very, very stupid. As Jesus is the son of God and that alone makes him perfect, logic would suggest he's a damn fine cook, and maybe that's what the band name refers to.

Wikipedia describes Lamb of God as groove metal and thrash metal which I agree with. However, I'd say there is prog in the music as well. Basically I'm saying I know the band better than they know themselves. It can happen, you know? A psychiatrist could be like 'I do know you better than you know yourself, actually. It's just that your subconscious can't face who you really are.' I know that's what they're thinking. That's a depressing thing to hear but thankfully I think psychiatrists are supposed to make you feel better about yourself. There are some exceptions, obviously. Giving a self-esteem boost to Harold Shipman would be grossly inappropriate. Unless you're trying to get him to open up, maybe. As in 'you've killed lots of old people? That was an admirable and brave thing to do, now how many people have you impressively killed, exactly?' Just make sure Harold doesn't secretly film you with his mobile phone, as you making the comment will lead to others disowning you. I know he's dead now, I was of course referring to zombie Shipman. I'm wondering what an interview with zombie Shipman would be like. One of my questions would be 'What's it like having so little energy and being miserable all the time?' Only joking because in Summer, I would know. Only joking again, as explained a while ago, my mood in the season has more than noticeably improved after simply thinking to myself it's better to have a more consistent mood than to be up and down. I don't mean to put psychiatrists out of business, but their job of making others feel better is incredibly easy.

Ok, ok, there are many things that can't be cured with willpower alone. If I were to say you can will away diabetes, I may even get arrested and later meet zombie Shipman. He'd be like 'I'm a doctor, albeit in zombie form now, and actually you can will away diabetes'. Of course, the only reason he'd say that is because he's an asshole trying to get my hopes up. I'll tell you what can get your hopes up and should, though: Going to the gym and fighting diabetes is actually fun! Of course zombie Shipman would never say that, he'd say it gives you the flu. I should point out that I don't have diabetes. Not to make myself seem better than those with the condition and to put others down (that's more like my dad's sense of humour) but to explain going to the gym actually works. Wow, I go the gym 5 or 6 days a week and I have a disorder the gym is supposed to prevent? And the places make you out of

breath? I might as well be chased by an ice cream man. Having said that, if I were to say the gym doesn't do anything, less people would go there and I'd have more of the equipment to myself. I do have such thoughts, going to the gym after January is annoying because lots of people sign up for the place as part of their new year resolutions, but I'm yet to spread a gym hate campaign. Maybe later, though. (Thoughtful face!) Now what to score the album? Well, it has been described as the best metal album of the 2000s (although Allmusic.com gave it 4 stars and the same decade's 'White Pony' got four and a half) and I think it gets a 9.65/10! Bye!