

FRED (EP)

EP PRESS SHEET · OFFICIAL RELEASE 02.10.2026

Four songs. One shared movement.

ARTIST	FRED
FORMAT	EP · 4 tracks
WORLD	FRED
TOTAL RUNNING TIME	20 min 49 sec
LABEL	FRED Music
PRESS CONTACT	presse@fred-music.com

Four songs, one shared movement

FRED (EP) · released October 2, 2026

On October 2, 2026, FRED releases a four-track EP: **Chienne de vie**, **Ton fils**, **Pour un temps** and **Faisons la paix**. Four songs with different colors, subjects and ways of moving forward, brought together under the simplest possible name: FRED.

This release is a first step before the full **FRED** album. It is neither a summary nor an announcement of the album's final running order. These four songs were chosen because, at EP scale, they form a clear arc: facing what comes to an end, returning to filiation, accepting that life does not always provide every answer, and finally attempting an inner reconciliation.

To look at what makes us who we are, including what hurts, and still try to keep living with it.

The EP's arc

01 · FINITUDE	**Chienne de vie** faces time, illness, memory and death, but refuses surrender.
02 · FILIATION	**Ton fils** turns back toward the father, absence and a final goodbye that never happened.
03 · UNCERTAINTY	**Pour un temps** accepts imperfect choices, unanswered questions and the right not to have understood everything yet.
04 · RECONCILIATION	**Faisons la paix** does not promise to erase the cracks: it tries to stop living against them.

This sequence belongs specifically to the EP. It does not lock these songs into their future place on the full album, which will follow its own narrative construction.

The four tracks

Running times from the validated WAV masters.

01 · CHIENNE DE VIE — 5:04

Facing the passing of time, illness, the possible loss of memory and voice, and ultimately death, the song answers with defiance: if we do not get to choose the last word, there are still all the words we can speak before it.

02 · TON FILS — 5:53

A song about filiation and grief. It turns toward the father, an impossible final goodbye, and what remains inside us when the child keeps speaking even after the person is gone.

03 · POUR UN TEMPS — 5:31

The song leaves certainty behind. It speaks of choices made with incomplete knowledge, doors closed without guarantees, and the way we keep moving with hesitation, fatigue and a flame that can sometimes be very small.

04 · FAISONS LA PAIX — 4:21

An inner conversation with cracks, shadows and wounds. The aim is not to become new or perfect, but to stop fighting what cannot be undone.

FOUR COLORS, ONE CENTER

Dark rock, ballad, more contemplative contours, soul: the four tracks do not try to fit beneath a single label. The EP's coherence comes less from one genre than from one center of gravity: the human being, their bonds, their wounds and the way they keep moving forward.

The FRED world

The project's most directly autobiographical territory.

FRED is the world that comes closest to the man behind the project's other artistic territories. Fred, a French-speaking Belgian author-performer based in France, writes here about filiation, finitude, wounds, memory, unanswered questions and imperfect reconstruction.

The EP does not claim to sum up this world. Other songs already belong to it and more will follow. These four tracks form a first ensemble: four different angles on the same person.

Look for the human being rather than the category.

Music without rigid borders

At FRED, a musical genre can give a color without becoming a border. An album can build a narrative without becoming a prison. The songs may change sonic material, but they remain connected by the voice, the writing, the image and a constant human gaze.

Three names to distinguish

FRED	The group / artistic project and its worlds.
Fred	The face, author-performer and human heart of the project.
FRED MUSIC	The independent production structure / self-label that carries the releases.

Around Fred works an international artistic workshop bringing together artistic direction, vocal work, recording, arrangements, musicians and supporting voices. That organization is not the subject of the EP, but it helps explain the freedom with which musical colors and artistic territories can circulate.

Press reference points

Release data and key messages.

Key messages

- FRED (EP) is released on October 2, 2026 and contains four tracks.
- The EP traces a movement: finitude, filiation, uncertainty, inner reconciliation.
- It is a first step before the full FRED album, without announcing its final running order.
- The four songs embrace different musical colors; their coherence comes from the human gaze connecting them.
- None of the songs promises a magical repair: each looks for a way to live with what cannot be undone.
- The release is carried by FRED Music, the project's independent production structure.

Technical data

Track	Time	ISRC
Chienne de vie	5:04	QT6J52674770
Ton fils	5:53	QT6J52674771
Pour un temps	5:31	QT6J52674772
Faisons la paix	4:21	QT6J52674773

EP UPC: 700978244207 · **Total running time:** 20:49

LINKS AND CONTACT
Official site: fred-music.com
Press: presse@fred-music.com
Spotify: https://open.spotify.com/album/3tWhlKB8ECdOJUgCi8s83D

About FRED

FRED is an independent music, visual and literary project born from a long history of writing. Its songs transform texts, memories, anger, characters and fragments of life into music, images and artistic worlds.

Those worlds can change color radically, but remain connected by the voice, the writing and the same pursuit: finding the person behind appearances, roles and categories.