



A BETTER MAN
ONE DIMENSIONAL MAN

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Giulio Ragno Favero Luca Bottigliero Pierpaolo Capovilla

Recorded, Mixed and Produced by Giulio Ragno Favero at the Sam Studio, Lari-Italy.

Additional recordings made in La Sauna Studio, Varese and Blocco A Studio, Padova-Italy

Studios Assistants – Marco Gorini, Andrea Ciacchini at Sam, Andrea Cajelli at La Sauna

Mastered by Giovanni Versari and Giulio Ragno Favero at La Maestà in Trezio-Italy

Vinyl mastering by Matt Colton at Air Mastering Studios, London

All music by One Dimensional Man, except *Face on Breast*, by Noel Scott Engel.

All lyrics composed by Rossmore James Campbell, except *Face on Breast*, by Noel Scott Engel.

Art direction – *One dimensional man*

Design – Luca Bottigliero www.phonograph.it

On cover – *My Fucking Black Heart*; Inside cover – *Nuda Veritas (la ragione)*, *Nuda Veritas (l'istinto)*

by Simone Fazio

THANKS TO

Rossmore James Campbell, Eugene Robinson and Oxbow, Justin Trospen, Sir Bob Cornelius Rifo, Jacopo Battaglia, Rodrigo D'Erasmus, Enrico Gabrielli, Simone Fazio Gionata Mirai, Giovanni Ferliga and Francesco D'Abbraccio from Aucan, Richard Tiso, Mirco Mencacci at Sam, Andrea and Massimo Berti at Blocco A, Andrea Cajelli at La Sauna, Giovanni Versari at La Maestà, Roberto Busetto, Giampaolo Giabini, Evita Salvadego, Attilio Perissinotti and Simon Ciampa at Virus Concerti, Enrico Molteni at La Tempesta International, Claudio Bonoldi at Universal publishing Italia Rosanna Spinuso, Annapaola Martin, Ivan Antonio Rossi, Giusy Pascarella, Gianfranco Spinuso.

A BETTER MAN

FLY

THIS CRAZY

A MEASURE OF MY BREATH

THIS HUNGRY BEAST

EVER SMILE AGAIN

THE WINE THAT I DRINK

EVER SAD

a better man reprise

TOO MUCH

FACE ON BREAST

THIS STRANGE DISEASE

A BETTER MAN

A man looks down What he meant to do
At the way he stands What he ever was
 Checks his shoes What he ever knew
 His nails, his hands A man forgets
 Explores the lines was ever bad
That mark his palms ever wrong
Checks for the scent He was ever sad
Underneath his arms A man remembers
 A man believes A woman's face
 He must di right The storm in her eyes
 Must drink less calm in her voice
 Must not fight Her words of wise
 Must be good A man looks up
 He must behave To the restless sky
He must choose life He ignores the truth
 Before the grave He adores the lie
A man forgets he has to eat He depicts her shape
 Has to play In the clouds above
 He has to sleep A better man
 A man forgets A man in love

Pierpaolo Capovilla – vocals
Giulio Ragno Favero – piano, synths, electronics
Katla Hausmann – vocals

FLY THIS CRAZY

Deep foundations of pain In the silence
 have made secure my tower of joy Ears are listening
Joy is the summit on the mountain of pain Heart is pounding
Pain is the platform joy stands upon to sing Mind is twisting
 All the pressure I resisted Sleepless sleep
 As forever pain persisted The clock is ticking
 Finally the weight is lifted Crazy...
 Sigh...! Anxious darkness
 Careless breath of liberation Lights go out in
 Empty me of past probation Thoughts of love
Free me now from suffocation The body pouting
 I...! Whispering questions
Will mend the wound where I was torn Move to shouting
To feel the calm beyond the storm Save me...
 As does the baby newly born What fate tomorrow's
 Cry...! Dawn will bring
 There is a joy I will retain Too soon the morning
 As does the sun shine after rain Birds will sing
So spread my wings after the pain So close my eyes
 Fly...! Find peace within
 This crazy...-

Pierpaolo Capovilla – vocals
Giulio Ragno Favero – vocals, guitar, bass and electronics
Luca Bottigliero – vocals, drums and percussions
Jacopo Battaglia – drums
Sir Bob Cornelius Rifo – synths

A MEASURE OF MY BREATH

Steps I take in darkness
Across the lonely bridge
 Into every village
 Stranger on the edge
While rough upon this edge
 A blade is sharpening
At least toward perfection
 In it's suffering
I'll suffer with a smile
 to know this pain
shall grant my wisdom
 new perception
As rough and grind
As rough and grind
does turn the blade
forever cutting sharper
toward perfection

I have hunted for that treasure
That of fire inside the rain
In hunger for the torture
Of the sweetest pain
To find me on the shoreline
Where raging sea blows wild
To see the eyes of God
Inside the eyes of child
To measure my survival
Measure every breath
To shatter my religion
With the shock of death

Pierpaolo Capovilla - vocals, bass
Justin Trosper - guitar
Giulio Ragno Favero - guitar, vocals
Luca Bottigliero - vocals, drums

THIS HUNGRY BEAST

Mind keeps cool
While heart burns warm
Somewhere between
 The soul is torn
 Pain finds joy
 Inside the storm
Heart conquers mind
 Love is born
For its sweetest pain
Brave hearts will bleed
 As beyond refrain
 For its carnal need
It cuts itself, cuts itself
 As blood must spill
 To the lovers blade

Impatient still
For thirsty aid
It drinks itself, drinks itself
Lungs yet endowed
Sweet air to seize
But before allowed
The chance to breathe
It chokes itself, chokes itself
This hungry beast
On its lonely hill
For desperate feast
Of famished kill
It eats itself, eats itself

Eugene Robinson - vocals
Pierpaolo Capovilla - vocals, bass
Giulio Ragno Favero - guitar, synth, vocals
Luca Bottigliero - drums, vocals
Aucan - synths, electronics

EVER SMILE AGAIN

Dream of my dream
that I did dream
when in the twilight of today
I did rekindle hope forgone
to breathe again tomorrow
And I would dream to hope that I
could ever dream again
Need of my need
that I did need
when in the passion of my want
I did realize the hunger
It's greater than desire
And I would need to fear that I
could ever need again
Fear of my fear
that I did fear
when in the mystery I did scream
that secret, silent scream
that only I could hear
And I would fear to know that I
could ever fear again
Hate of my hate
that I did hate
When so inflamed by the betrayal
I did turn away from love

And I would hate to feel that
could ever hate again
Dream of my dream
that I did dream
when in the twilight of today
I did rekindle hope forgone
to breathe again tomorrow
And I would love to feel that I
could ever love again
Fear of my fear
that I did fear
when in the mystery I did scream
that secret, silent scream
that only I could hear
And I would love to feel that I
could ever love again
Love of my love, that I did love
when in the fever I did ache
that sweetest, deepest cut
that only fervent flesh may heal
And I would love to feel that I
could ever love again

Pierpaolo Capovilla - vocals, bass
Luca Bottigliero - drums, vocals
Gionata Mirai - guitar

THE WINE THAT I DRINK

Warming my heart when lonely and cold
Stirring my passion to make me bold
She must be the wine that I drink
She inspires my cause to live
To this cause, all life I give
She could lead my soul to the brink
As taste of her does surely thrill
In excess may surely kill
She may be the sea where I sink
Yet I may walk on water now
Such miracles she will allow
Near to heaven, she is my link
Though foolish her effect on me
Thirsty I shall always be
She must be the wine that I drink

Pierpaolo Capovilla - vocals, bass
Giulio Ragno Favero - guitar
Luca Bottigliero - drums, vocals

EVER SAD

a better man reprise

*Pierpaolo Capovilla – vocals, bass
Giulio Ragno Favero – guitar, vocals
Luca Bottigliero – drums, percussions
Richard Tiso – double bass, vocals
Rodrigo D'Erasmus – violin
Enrico Gabrielli – saxophone, clarinet,
organ, flute, xylophone*

TOO MUCH

Too much sensitivity
Too much need to touch
Too much creativity
Too much feeling such
Too much need to taste
Too much love to give
Too precious life to waste
Too less time to live
Too much pain too sweet
Too much passion burned
Too quickly heart shall beat
Too slowly lesson learned
Too much we disguise
Too much loss we grieve
Too slow we realise
How quickly we must leave

Pierpaolo Capovilla – vocals, bass

FACE ON BREAST

Lyrics and music composed by Noel Scott Engel

*Pierpaolo Capovilla – vocals
Giulio Ragno Favero – synth, electronics, guitar and vocals
Luca Bottigliero – drums, vocals*

THIS STRANGE DISEASE

As much there is joy
Still much is the cry
This pain to ease
So such is the toy
The truth and the lie
This taste to tease
To touch till annoy
This sweetest of high
This strange disease

*Giulio Ragno Favero ~ guitar, accordion
Pierpaolo Capovilla ~ vocals, bass
Rodrigo D'Erasmus ~ violin*

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