

JEREMY ALLEN - PRESS KIT (ENGLISH)

Jeremy Allen's music is a soundtrack for starting over. Rooted in 90s-influenced indie rock and folk, his songs are shaped by a nomadic spirit, deep curiosity, and his own experiences. With heartfelt vocals and honest lyricism, he explores themes of letting go, healing, and moving forward in alignment with who we truly are — even when it's hard.

After years of holding back, Jeremy chose to fully embrace a music career in his late 40s, leaving behind a conventional path to follow his creative truth. That journey of transformation pulses through every track — a reminder that it's never too late to begin again.

Surrender to Your River is a song about ignoring the negative voice in our head that tells us we're not enough, and allowing ourselves to flow naturally in alignment with our soul's desire.

Moved On, a five-song EP dropped in November 2024 and single *Simple Things* was released in June 2025.



 [Jeremy Allen](#)

 [jeremy.allen.music](#)

 [jeremy.allen.music](#)

 [jeremyallenmusic.com](#)

Contact: djeremi@gmail.com, +44 7798 979 279