

**FOR IMMEDIATE RELEASE: Today**

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**Book and album about how to find happiness.**

*Author and Rapper C-T just released his first book alongside with his second album.*

**Oslo, Norway:** Today the Norwegian rapper C-T released his second album "Bliss". The record also comes with a book where C-T explains to his fans how to find happiness.

Bliss is the sequel to C-T's first album "Depress", where he told the story of him trying to commit suicide and the journey to recovery. "Through this next project I will spread the information that saved my life." -C-T

**«The goal behind the new album «Bliss» is to help people find happiness, this is also the goal of the book.»**

- C-T

**"Crystal Tears explains how he used Music as an alternative to Suicide"**

- ThaWilsonBlock Magazine

Link to article: <http://www.thawilsonblockmagazine.com/2017/09/bjarne-trondsen-explains-how-he-used.html>

**For more:** <https://c-tofficialmusic.wixsite.com/minside>

Pictures are also available on C-T's website.







