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**TEGAN AND SARA SHARE NEW SONG –**

**“Don’t Believe The Things They Tell You (They Lie)”**

**Track Is From New Album, *Hey, I’m Just Like You*, Out September 27 Via Sire**

**Tegan And Sara Visit *The Late Show With Stephen Colbert* On September 27 For A Chat and Performance**

**Fall Tour Launches With Sold-Out Shows Across the U.S. and Canada**

***High School,* Tegan And Sara’s First Memoir, Out September 24**



**September 20,2019 (Los Angeles, CA)** – Ramping up for the September 27 release of ***Hey, I’m Just Like You*** (Sire), **Tegan and Sara** shared a new song from the album today. **“Don’t Believe The Things They Tell You (They Lie)”** examines the layers of deceit that cloud even the closest of relationships. Listen to **“Don’t Believe The Things They Tell You (They Lie)”** [**HERE**](https://teganandsara.lnk.to/DontBelieve) and view the lyric video [**HERE**](https://teganandsara.lnk.to/DontBelieveLyric).

While revisiting their teen years for their first memoir, *High School*– which will be published on September 24 by MCD X FSG (USA) in hardcover, ebook and audiobook – **Tegan and Sara** discovered two cassette tapes containing their very first songs, written between the ages of 15 and 17. On ***Hey, I’m Just Like You***, hailed as one of the most anticipated albums of the fall by *Pitchfork*, *USA Today* and *Billboard*, **Tegan and Sara** return to the songs contained on those 1990s cassettes with a contemporary production. They will perform a song – and discuss the album and book – when they visit *The Late Show with Stephen Colbert* next Friday, September 27.

Speaking about **“Don’t Believe The Things They Tell You (They Lie),”** Sara recalls, “Our mother tells a story about watching the 1980s television show ‘Punky Brewster’ with us when we were four years old. The episode’s morality tale focused on lying, and near the end of the show, she describes one of us climbing onto her back, sobbing into her neck and confessing a lie we’d told her earlier in the day. At 15, we started telling lies again, and we absolved ourselves constantly in the lyrics of our songs.”

**Tegan and Sara** will kick off a special acoustic, multi-dimensional tour with a sold-out show at Murmrr in Brooklyn, NY on Tuesday, September 24. This headline run is sold out. One dollar from every ticket sold on the tour will benefit the [**Tegan and Sara Foundation**](https://www.teganandsarafoundation.org/), which fights for health, economic justice, and representation for LGBTQ girls and women. See below for itinerary and visit [teganandsara.com](http://teganandsara.com)for additional information.

Fans who [pre-order](https://teganandsara.lnk.to/HeyImJustLikeYou) ***Hey, I’m Just Like You*** in digital format will instantly receive the first single, **“I’ll Be Back Someday”** plus **“Don’t Believe The Things They Tell You (They Lie)”** and the title track, **“Hey, I’m Just Like You.”** Check out the 90’s vibes of the official video for **“I’ll Be Back Someday”** [**HERE**](https://teganandsara.lnk.to/IBBSVideo). *TIME* praised the song’s “punk-rock insistence and straightforward lyricism that’s still prescient.”

*Rolling Stone* – relishing the “double whammy” of the album and the memoir – said, “Tegan and Sara’s debut memoir is a lot like their songs: complexly intimate, smartly crafted and packing a subtle emotional wallop.” Pre-order *High School* [**HERE**](https://www.mcdbooks.com/high-school/)**.**



(Photo credit: Trevor Brady)

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**Digital Assets:**

Download / stream “Don’t Believe The Things They Tell You (They Lie)”[**HERE**](https://teganandsara.lnk.to/DontBelieve)

View lyric video [**HERE**](https://teganandsara.lnk.to/DontBelieveLyric)

Download hi-res album cover art [**HERE**](https://drive.google.com/drive/folders/1aPL2W8nWEsenLtdRlFtdKrBOjIsio9_A?usp=sharing)

Download hi-res Tegan and Sara photo [**HERE**](http://press.warnerrecords.com/teganandsara/)

Pre-order *Hey, I’m Just Like You* [**HERE**](https://teganandsara.lnk.to/HeyImJustLikeYou)

Tour information [**HERE**](https://teganandsara.com/shows/)

Pre-order (book) *High School* [**HERE**](https://www.mcdbooks.com/high-school/)

Images for book cover [**HERE**](https://drive.google.com/drive/folders/12ywWIMVioOTfsJcrcbB7bZjreUbtsMvi)

Find out more about the Tegan and Sara Foundation [**HERE**](https://www.teganandsarafoundation.org/)

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