
MUSIC
RUINED
MY LIFE
A SOUND WAS LOST
THE STORY REMAINS
Delay
DM-2
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A FILM BY MATT GOLDMAN

ELECTRONIC PRESS KIT

MUSIC RUINED MY LIFE

Featuring unheard sounds

Starring no one even remotely famous



TAGLINE

A sound was lost.

The story remains.

LOGLINE

Built from buried footage of an unheard sound, *Music Ruined My Life* is a funny, raw, vulnerable and strange reckoning with abandoned dreams and the dull ache they leave behind.

DIRECTOR:	Matt Goldman
PRODUCERS:	Matt Goldman Stephen Butler
RUNTIME:	77:00 minutes
COUNTRY / LANG:	USA / English
COMPLETION:	2026

SYNOPSIS

In 1996, a group of friends in Tucson stumbled onto something they believed was genuinely new: an unruly collision of punk, jazz, and psychedelia that became a sound all its own.

They called it Father Panik.

Convinced Tucson was too small for what they'd made, the drummer and de facto leader moved to San Francisco, hoping to lure the others west and take the city by storm. But youthful ambition collided with the mundane realities of post-college life. The saxophonist, who's playing was the heart of the sound, never came. By the time the others arrived, the chemistry had evaporated, the dream had faded, and the friendships frayed.

Decades later, Matt Goldman revisits the tapes and the grand vision that never came to be. What begins as a dive into his archives becomes a reckoning with regret, old friendships, and parents who insist it was all in his head. *Music Ruined My Life* is the absurd true story of the distance between the lives we want and the ones we end up living, and the dull ache of unrealized dreams.

FATHER PANIK

No songs
No album
No clue

1996-1996





"It lasted less than a year. We barely played out. We never really wrote an entire song."

NOT A BAND

For a brief period in 1996, Father Panik existed at the intersection of punk, jazz and youthful ambition in Tucson, Arizona.

Matt Goldman on drums, Carlo Cennamo on saxophone, Steven Frailey and Ron "Lettuce" Hiznay on bass. They lasted eight months.

A SOUND

Built almost entirely through improvisation, Father Panik rejected traditional songs in favor of raw, visceral energy- an unruly collision of punk, jazz and influences from across the musical spectrum.

SO WHAT?

Father Panik is remembered only by the small handful of people it touched during its brief existence. But the sounds they made and the people they were when they made them have haunted them for thirty years.The band doesn't matter because it almost succeeded. It matters because the attempt changed the people who made it.

For Matt, Father Panik became the organizing myth of his life's journey: a brief moment when music, friendship, ambition and the person he imagined becoming were impossible to separate.

The band disappeared. The documentation survived**.** That is where *Music Ruined My Life* begins.

NOT A MUSIC DOCUMENTARY






Music Ruined My Life is not a music documentary. It is not built around celebrity, career redemption, or the familiar promise that an overlooked genius will finally be recognized.

Instead, the film turns toward a more common, yet rarely explored story: **the people who devote themselves to something, walk away from it, only to be haunted by it for years to come.**

The deeper we travel into his Goldman's personal archives, the more the film becomes a confrontation with some pretty existential questions:

Who was I?
Who did I think I was going to become?
What do I make of the person I actually am?

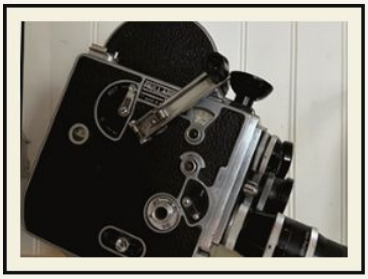
Do my failures define me?

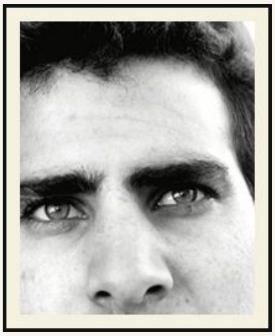
Moving between the electricity of youth and the perspective of age, *Music Ruined My Life* captures a moment when music, ambition and self-invention felt inseparable. Looking back, it asks what remains of an abandoned dream once the music stops, and why the dull ache never quite fades.

Funny, bruised and intimate, *Music Ruined My Life* speaks to anyone who has chased a dream, and anyone who has ever had to make peace with the distance between the life they imagined and the life they lived.

DIRECTOR STATEMENT

THE FILM THAT MADE ITSELF
(Eventually)





Music Ruined My Life is the film I have been unconsciously making for three decades. It began as footage packed away in boxes in my basement.

Footage of a barely heard experiment that, for a moment, felt like it might become the center of gravity. Instead, it became nothing more than the center of my imagination. Thirty years later, opening those boxes meant encountering someone I hadn't seen in a very long time: myself.

Not exactly the person I remember being, but the person the camera says I was. Young, ridiculous, ambitious, certain that the stakes were enormous even when they were very, very small. And inevitably that encounter raised another question: What would that person make of the person I became?

The story that survived is one about wild youth, friendship, obsession, disappointment, and the long dull tail of a dream that never had its day. I guess you could call this a coming-of-middle-age story, but that sounds so boring. Let's not talk about the compromised career I built telling other people's stories while silently daydreaming about the grand spectacle that never was.

Instead, let's talk about what happened when we were young and ridiculous, when the stakes felt high even when they were so very low and ask if we are those same people today. Let's talk about cosmic misalignment, and the universal feeling of being just out of sync with the time or place you were meant to be in.

Let's talk about what happens to the things we once believed would define us after we leave them behind. And maybe about whether leaving them behind means they failed at all.

Let this movie be an invitation to dream and endure, and to cast off any shame carried by those of us who called it quits.

Did music ruin my life? Not exactly. But life certainly had its way with my music.

A SOUND WAS LOST. THE STORY REMAINS.

#MRMLfilm

CREW BIOS





MATT GOLDMAN

DIRECTOR / EDITOR

Matt Goldman is an award-winning filmmaker and Emmy-nominated documentarian whose debut short film *Broke* premiered as part of the Yahoo! Online International Film Festival in 2001, making it one of the earliest official film premieres on the internet. His 2003 follow-up short, *The Perpetual Life of Jim Albers* premiered at Sundance and screened at Rotterdam, RESFEST, Rooftop Films, and dozens of other festivals.

Goldman has directed and produced commercials, music videos, documentaries, and branded work for brands such as Nike, Vice, The New York Times, BBC, Google, Sesame Workshop, Matador Records and Red Bull.

His feature documentary, *The Last Safari,* premiered at the 2013 Hamptons International Film Festival and was released on Amazon Prime.

Since 2016, he has worked as a Senior Producer at Bloomberg Originals, creating award-winning documentary journalism.

Music Ruined My Life brings Goldman back to the reason why he started telling stories in the first place: decades of unseen and unheard documentation, the dull ache of unfinished creative business, and the question of what remains when the dream fades but quietly stays in the back of our minds.

STEVEN FRAILEY

ORIGINAL SCORE

Steven Frailey is a composer, musician, and producer who has collaborated with filmmaker Matt Goldman for more than two decades. A founding member of Father Panik, Frailey has spent years writing and recording music across a wide range of styles, from rock and electronic music to experimental composition and film score.

Frailey has composed original music for many of Goldman's films, and their creative partnership has remained a constant throughout much of Goldman's filmmaking career.

For Music Ruined My Life, Frailey created the original score while also drawing from a personal archive of music developed over the past thirty years.

The film marks one of the first times this body of work has been presented to a broader audience.



ANDREW KIRSCHENBAUM

DIRECTOR OF PHOTOGRAPHY

Andrew Kirschenbaum is a New York-based producer and cinematographer working across documentary, investigative journalism, and branded film. His Emmy-nominated work has appeared on Apple TV+, Amazon, ARTE, Bloomberg, Roku, and other platforms.

His collaborators include Bloomberg Originals, The Wall Street Journal, ARTE, The North Face, Yves Saint Laurent, NowThis, Samsung, Colgate, Court TV, and CONCACAF. Kirschenbaum first met Goldman while shooting for Bloomberg Originals. Their collaboration led Goldman to invite him into Music Ruined My Life, the long-shelved personal documentary he had been circling for decades.

CREDITS






WRITTEN AND DIRECTED BY

Matt Goldman

PRODUCED BY

Matt Goldman
Stephen Butler

ORIGINAL SCORE

Steven Frailey

EXECUTIVE PRODUCERS

Stephen Butler
Thomas Dexter

EDITED BY

Matt Goldman
Thomas Dexter

FATHER PANIK WAS

Carlo Cennamo
Steven Frailey
Ron ‘Lettuce’ Hiznay
Matt Goldman

LAUGHING MAN WAS

Brett Cline
Jesse Randall
Matt Goldman

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HIGH RES PHOTOS

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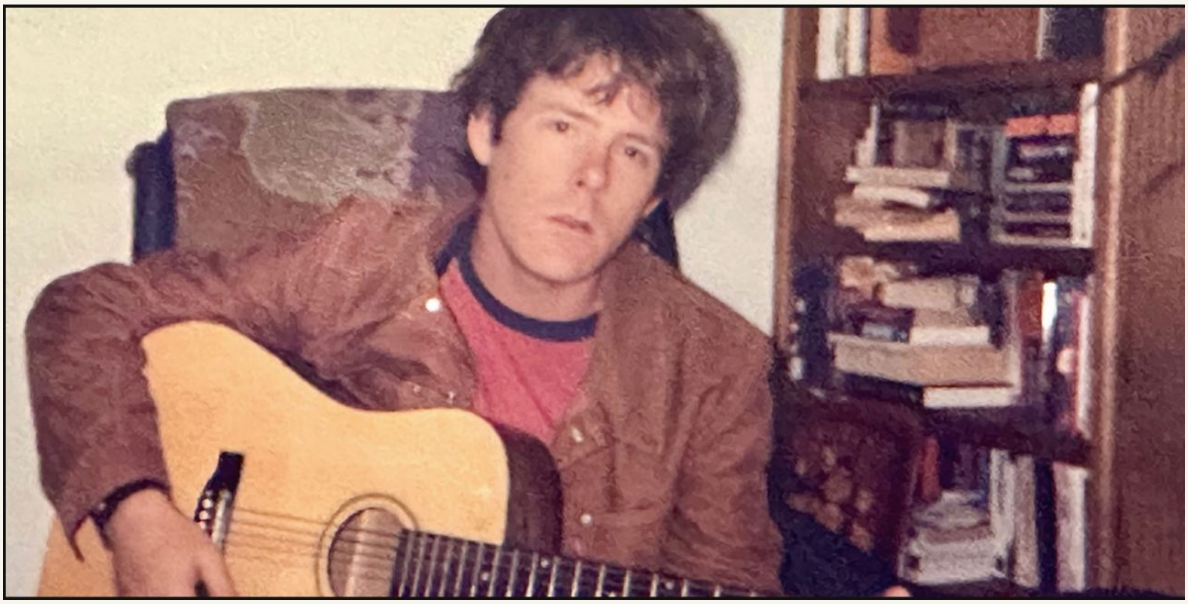




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