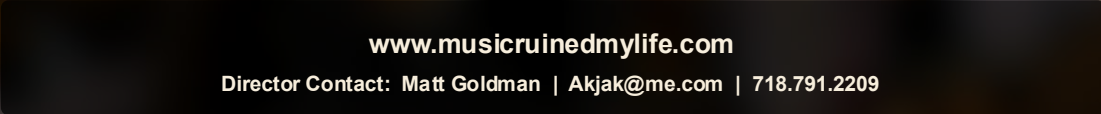


www.musicruinedmylife.com
Director Contact: Matt Goldman | Akjak@me.com | 718.791.2209

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MUSIC RUINED MY LIFE

TAGLINE

A sound was lost.
The story remains.

LOGLINE

Built from buried footage of an unheard sound, *Music Ruined My Life* is a reckoning with life's infinite woulda-coulda-shouldas, and the strange afterlife of creative failure.

FULL SYNOPSIS

Built from buried footage of an unheard sound, *Music Ruined My Life* is a reckoning with life's infinite woulda-coulda-shouldas. The film moves between the electricity of youth and the perspective of middle age, capturing a moment when music, friendship, ambition, and self-invention all felt inseparable.

Part time capsule, part coming-of-middle-age story, and part ode to the lost voices in our midst, *Music Ruined My Life* asks what remains after the music ends, friends grow apart, and the sky is no longer the limit. Vulnerable, weird, funny, and occasionally completely apeshit, the film is an invitation to dream and endure—and to cast off the shame carried by those of us who called it quits.

An unheard sound

A lifetime of
Documentation

The dull ache of
unfinished business



DIRECTOR :	Matt Goldman
PRODUCERS:	Matt Goldman Stephen Butler
RUNTIME :	78:20 minutes
COUNTRY / LANG:	USA / English
COMPLETION:	2026

MUSIC RUINED MY LIFE

FATHER PANIK

RIP 1996-1996

No songs
No album
No clue



"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 Tucson, Arizona, Father Panik existed at the intersection of punk, jazz and youthful ambition.

The band consisted of Matt Goldman on drums, Carlo Cennamo on saxophone, Steven Frailey and Ron "Lettuce" HiZnay on bass.

They formed in January of 1996 and disbanded in August of 1996.

SO WHAT?

Father Panik is remembered only by the small handful of people it touched in its brief flash existence. But the sounds they made have haunted them for 30 years.

It matters because it became the organizing myth of a life. The band disappeared. The documentation survived. And that is where Music Ruined My Life begins.

A SOUND

Part punk, part jazz, with influences from across the gamut of the musical spectrum, Father Panik was an organic expression of raw chaos and acerbic psychedelia.

Built almost entirely through improvisation, Father Panik rejected traditional songs in favor of visceral energy pushing music into what remains unfamiliar territory to this day.

ABOUT THE FILM

THE FILM BENEATH THE MUSIC

NOT A CONVENTIONAL MUSIC DOCUMENTARY



Music Ruined My Life is not a conventional 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, and more rarely explored, story: the people who devote themselves to music and are permanently altered by the attempt.

Built from decades of footage surrounding an unheard punk-jazz sound, the film follows one filmmaker's attempt to understand why that brief period of life still matters. The result is at once a time-capsule, a self-portrait, a cultural ghost story, and an ode to the lost voices in our midst.

The film moves between the electricity of youth and the perspective of age, capturing a moment when music, friendship, identity, ambition, and self-invention all felt inseparable. Looking back, it asks what remains after the music ends, friends grow apart, and the sky is no longer the limit.

Funny, bruised, and intimate, *Music Ruined My Life* speaks to anyone who has chased a dream, and anyone still trying to forgive themselves for walking away.

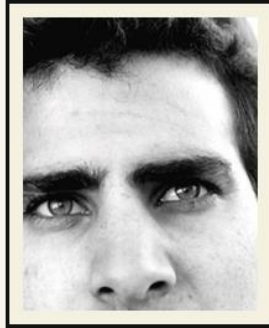
A SOUND WAS LOST. THE STORY REMAINS.

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#MRMLfilm

THE FILM THAT MADE ITSELF

(Not Quite)



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.

But so many years later, the story has survived; 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 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.

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

A SOUND WAS LOST. THE STORY REMAINS.

SELECTED STILLS

MUSIC RUINED MY LIFE

HIGH RES PHOTOS

https://drive.google.com/drive/folders/1W44Q2Avqu_WWgAJpdC-AOWsSCcvo_kp?usp=share_link



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