

- ❑ **Artist Name:** The Tony Q Band
- ❑ **Track Name:** Sacrifice
- ❑ **Track Length:** 4:49
- ❑ **ISRC Code:** AU-L8S-23-00001
- ❑ **Original Release Date:** 11/10 /023 (CRS 07/11/2023)
- ❑ **Writer/s Name/s:** Anthony Quinsee / Catherine Britt / Matthew Breslin / Ben Morine
- ❑ **Album Name:** Single Release
- ❑ **Album Label & No:** Independent The Tony Q Band
- ❑ **Website:** www.thetonyqband.com
- ❑ **Facebook:** <https://www.facebook.com/thetonyqband>
- ❑ **Youtube:** <https://www.youtube.com/@thetonyqband8152>
- ❑ **Instagram:** <https://www.instagram.com/thetonyqband/>
- ❑ **Apple Music:** <https://music.apple.com/au/artist/the-tony-q-band/1183945268>
- ❑ **Spotify:** <https://open.spotify.com/artist/2kyJeZGipjw5eBJGGWK0dy?si=4OdFPcRRvK0C49eJzza0g>

The Tony Q Band – Sacrifice

Sacrifice is a song written by Anthony Quinsee aka Tony Q after returning to Australia from serving in Afghanistan with the army.

On his return he was left with the unseen scars of war, PTSD.

Tony found it hard to understand and explain to his family and friends what he was dealing with.

So he took to song to try his best to explain what he had been through and what he was dealing with to help promote understanding and conversation about the condition.