

Good For One Day is an Italian rock / melodic post-rock band. Project started in late 2006 and after one year the band released their first 5 tracks EP. In 2009 the band entered in "Raptor Studio" (Vicenza) to record its first full-length "A Story Never Told" (out on April 2010). 2 videoclips were taken from this work. In these 4 years the band played in many shows and festivals with artists like The Get Up Kids, Sights & Sounds, Vanilla Sky, Punkreas, Venerea, Dufresne, Devotion., Mellowtoy, AC4, Spiller, Velvet etc.

On 5th of October 2013 new album called "Time and Again" has been finally published. It was recorded and mixed between February and April at Hate Recording Studio by Maurizio "Icio" Baggio and mastered in July at Saff Recording Studio (Chicago, IL) by Carl Saff.

"Ad Vitam" is the first videoclip taken from Time and Again. On December 2013 they released a new video, taken from the opener track of the album, Dead Wrong.

Currently they're planning new shows all over Italy and Europe.

Keep in touch!