

“One Man Collaboration” The Journey

Garrett Lentz, known as “One Man Collaboration” was born and raised in the Tampa Bay Area, Florida. His musical journey began at a young age as a self-taught musician, a passion that continued to grow throughout high school and college.

He first connected with music by listening to classic rock with his father—bands like Queen, Led Zeppelin, and The Beatles. During high school, he began taking formal guitar lessons, which became a catalyst for songwriting. What started as simple melodies and spontaneous lyrics soon became a way to process his feelings and experiences.

His musical influences evolved over time. While classic rock laid the foundation, he later gravitated toward modern rock bands like Linkin Park, Breaking Benjamin, and Three Days Grace. Eventually, his love for music expanded to include a wide variety of genres, and he continues to enjoy discovering new artists and sounds.

In 2024, One Man Collaboration found the time and space to finally pursue a dream that had long been on his bucket list: to write and record an album of songs he could be proud of. He began working with Grammy Award-winning producer Lannie Battistini at **Hands In Motion Music** in Brandon, Florida. Although he had previously released singles independently, this project represents a true collaboration—one that allows him to fully explore his creative potential.

As a songwriter, his desire is to connect with others and eventually perform at major events. His creative process is deeply introspective. Often, the music comes to him in quiet moments—while meditating, daydreaming, or simply being still. Some songs start with a single lyric, while others begin with a feeling or melody that gradually reveals itself. His work is a form of self-expression and emotional release, offering listeners a raw and honest experience.

The core message behind his music is openness—an invitation to express without limits. To him, music is freedom. It’s a form of therapy, a way to process life’s highs and lows, and a reminder that creativity knows no bounds.

Stylistically, One Man Collaboration resists being boxed into a single genre. His sound may resonate with elements of folk, alternative rock, rock fusion, or even singer-songwriter and alternative country influences. Still, he views himself as genre-less—an artist who channels whatever comes to him without forcing it into a category. His personal style reflects the same spirit: simple, down-to-earth, yet occasionally bold, humorous, or thought-provoking.

What often surprises people is the depth and range of his background. Outside of music, he holds a PhD in biology and food studies, has taught as a university professor, and has been a successful entrepreneur and real estate investor for over a decade. He also works as a health coach. His fans may not expect such a multifaceted life, but each experience has shaped his worldview and artistic voice.

Beyond music, his passions include health, physical fitness, philosophy, hiking, nature, reading, travel, and cultural exploration. He thrives on staying active and continually pushing himself to achieve more, learn more, and express more.

At the heart of his philosophy is a commitment to "**no boxes.**" He refuses to be limited—creatively or personally. He embraces life with curiosity and courage, letting music flow freely and authentically.

Though he may appear to be just one artist, everything Garrett creates under One Man Collaboration is born from a deeper, ongoing partnership between emotion, experience, and sound.

For his latest album, he joined forces with 3× GRAMMY® and Latin GRAMMY® Award-winning producer, engineer, pianist, and keyboardist Lannie Battistini—a true creative collaboration that brought his musical vision to life.

Following several single releases in 2024, Garrett is set to unveil his debut album *Chiaroscuro*—Italian for “contrast between light and shadows”—on November 14, 2025. The album features a collection of original songs inspired by his own life experiences, including *Let You Go*, *Narcissist*, *Pure Spirits*, *Songbird*, and *Sunny Showers*.

His earlier single *Let You Go*, released in July 2025, paved the way for this powerful body of work. Each song captures the emotional journey of relationships and the authenticity that defines his artistry.