

Inside the Silence: Ynghell Unveils Thoughts of a Loner (EP)

An intimate EP born from isolation and self-reflection



Bedford, New York Jan 15, 2026 ([IssueWire.com](https://www.issuewire.com)) - Minhajul Abedin Sahel (born December 5, 2002), better known by his stage name **Ynghell (stylized as Ynghell and pronounced as "Young hell")**, is an **American rapper, singer, and songwriter**.

"Maintain" is the opening song of his deeply personal EP. Written in the aftermath of a toxic relationship, his thoughts, frustration and loneliness.

The song process started in 2024, December 5th. The song **"All of us"** was released before the episode. In this episode called **"Thoughts of a Loner,"** however, the song **"All of us"** was added. This song and the whole EP are based on a toxic relationship with his ex-girlfriend. And particularly this track is focused on his lonely thoughts and emptiness in his life.

He spoke to popular local press and got a positive response.

Thoughts of a Loner plunges into the emotional fallout of a toxic relationship, exposing the heavy silence that follows heartbreak. The EP captures crushing loneliness, mental exhaustion, and the slow, painful process of rebuilding oneself. It opens with **"Maintain,"** a haunting and unfiltered confession written at Ynghell's lowest point. The track sets a dark emotional tone for the entire project, documenting his battle with isolation and inner turmoil as he desperately clings to his identity while everything else falls apart.

Tracklist - THOUGHTS OF A LONER

01. Maintain

02. 2017

03. All of us

04. With you

05. Where did you go

06. Alone

Available now on all major streaming platforms: <https://ffm.to/thoughts-of-a-loner>

[Google](#), [Instagram](#), [Twitter](#), [Facebook](#), [Youtube](#)



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