FOR IMMEDIATE RELEASE

APRIL 23, 2021

**WINONA OAK SHARES “OLD INSECURITIES”**

**RISING SONGSTRESS UNVEILS HONEST NEW TRACK**

**LISTEN TO “OLD INSECURITIES”** [**HERE**](http://winonaoak.lnk.to/OldInsecurites)

**WATCH THE VIDEO** [**HERE**](https://youtu.be/QCwakAo1_EA)



[DOWNLOAD ARTWORK HERE](http://press.atlanticrecords.com/winona-oak/)

*“Winona Oak is a name you should know”*

*–* [*PAPER*](https://www.papermag.com/winona-oak-she-premiere-2648451411.html?rebelltitem=15#rebelltitem15)

Acclaimed singer-songwriter **Winona Oak** has released her beautiful and honest new single, **“Old Insecurities”** available now [HERE](http://winonaoak.lnk.to/OldInsecurites). The track arrives alongside a graceful and breezy official music video streaming [HERE](https://youtu.be/QCwakAo1_EA).

“*I wrote this song on a day when I was overwhelmed with anxiety, as a reminder that there’s no way for me to find a real change in my life until I confront the darkest corners of myself*,” Winona shared.

“*There’s not an easy way out when my anxiety hits me. I wish, but how do you escape your own mind? Even when you feel like crawling out of your own skin there’s really no way to hide from yourself. “How is it possible to love me”, “They will leave me”, “I don’t deserve this”, “I’m not good enough”, “They’re probably talking about me”, “What if it was all my fault”, “I’m overreacting”, “Too thick, too thin, too little, too much”. I know how important it is to love every part of myself in order to heal but I also know how easy it is to let my insecurities define me.*

*If you relate to this, just know that you are not alone. You got this! We got this. I hope that you’ll find some comfort in this as it is a piece of me*. ❤️”

“Old Insecurities” arrives mere weeks after the debut of Winona’s remarkable collaboration with breakout bedroom pop star ELIO, “[Nobody Loves Me](https://winonaoak.lnk.to/NobodyLovesMePR),” the track is joined by a vibrant official music video, streaming now [HERE](https://winonaoak.lnk.to/NobodyLovesMePR/youtube). Released in celebration of International Women’s Day, “Nobody Loves Me” arrived to applause from [*EXTRA*](https://extratv.com/2021/04/02/winona-oak-on-how-the-loneliness-of-quarantine-inspired-nobody-loves-me/), which stated “*Winona Oak has struck a chord with those struggling in quarantine*.”

Last year saw the release of Winona Oak’s critically acclaimed sophomore EP, [*SHE*](https://winonaoak.lnk.to/SheEP), highlighted by the captivating singles, “[SHE](https://www.youtube.com/watch?v=l75unzTDJn8)“ and “[Winter Rain](https://winonaoak.lnk.to/WinterRainPR).” “Winter Rain” is joined by a strikingly surreal music video – featuring stunning fashion from Chanel, Alexander McQueen, and Acne Studios – streaming now [HERE](https://youtu.be/r1qrBxM5s90).

*SHE* was met with widespread applause upon its arrival last year. The EP’s title track debuted alongside an official music video, directed by longtime visual collaborator Julian Gillström and streaming now at YouTube [HERE](https://www.youtube.com/watch?v=l75unzTDJn8). “SHE” had its exclusive world premiere via [*PAPER*](https://www.papermag.com/winona-oak-she-premiere-2648451411.html?rebelltitem=15#rebelltitem15), which declared the EP to be “danceable, somber and contemplative,” adding “Winona Oak is a name you should know…her synth-backed vocals descend from whispery, dainty highs to striking and sultry lows. Lyrically, the electro-pop musician pays homage to strong women in every respect, delivering body and sex-positive anthems, and touching on important topics such as mental health and self-love.”

Winona celebrated *SHE* with a stirring live performance of the title track as part of CBS’ *The Late Show with Stephen Colbert*’s #PLAYATHOME series, streaming [HERE](https://www.youtube.com/watch?v=tyyQLMgSo2o). In addition, a number of stunning new versions of “SHE” followed the original release, including the intimate “[SHE (Stripped](https://winonaoak.lnk.to/SHEstrippedID))” as well as remixes by Belgian artist/producer [Taska Black](https://winonaoak.lnk.to/WMTaskaBlackRmx) and Los Angeles trio [MUNA](https://winonaoak.lnk.to/WithMyselfMUNAID).

**WHAT THE CRITICS ARE SAYING ABOUT WINONA OAK**

“magnetizing...a true testament to her unprecedented singing abilities, and it’s a refreshingly authentic look into the multi-faceted vocalist’s emotional psyche” – *V MAGAZINE*

“Lyrically, the electro-pop musician pays homage to strong women in every respect, delivering body and sex-positive anthems, and touching on important topics such as mental health and self-love.” – *PAPER*

“From the Nordic forests of Sweden, on a small crop of land called Sollerön, known as the ‘Island of the Sun,’ emerges singer-songwriter Winona Oak. Her music, the product of her upbringing, is just as enchanting as its setting, surrounded by nature and wildlife.”

– *AMERICAN SONGWRITER*

“An impossible to ignore artist. Ethereal, mesmerizing…”

– *ONES TO WATCH*

“staggeringly good” – *IDOLATOR*

**CONNECT WITH WINONA OAK**

[INSTAGRAM](https://www.instagram.com/winonaoak/) | [TWITTER](https://twitter.com/winonaoak) |[SPOTIFY](https://open.spotify.com/artist/3XC57xz74X3xUi1hv4mge1?si=4VyqrUDPSoCDgy1lDX9DXA) | [APPLE MUSIC](https://music.apple.com/us/artist/winona-oak/1349495931) | [YOUTUBE](https://www.youtube.com/channel/UCnyvOlSbVCfJzgibFygTgAQ)

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