**gnash chronicles his quarantine experience with “outside/inside”**

**two-track single arrives alongside DIY music video**

[**listen here**](http://gnash.lnk.to/outsideinside) **|** [**watch here**](https://gnash.lnk.to/outsideinsidevideo)



[DOWNLOAD HIGH-RES IMAGES HERE](http://press.atlanticrecords.com/gnash/)

**New York, NY – June 16th, 2020 –** Multi-platinum singer, songwriter and producer **gnash** offers an introspective look into his COVID-19 quarantine experience with **“outside/inside,”** his new two-track single that arrives today alongside an entirely self-shot music video – [**WATCH HERE**](https://gnash.lnk.to/outsideinsidevideo).

“to make a difference on the outside, we have to take care of ourselves on the inside.”

**-gnash**

**“outside/inside”** is the latest in a line of standalone songs by gnash including [**“leave,”**](https://gnash.lnk.to/leavePR) described by American Songwriter as *“wistful”* and *“gently beautiful,”* as well as [**“hungover & i miss u,”**](https://gnash.lnk.to/hungoverPR) [**“fear”**](https://gnash.lnk.to/fearPR) and [**“forgive,”**](https://gnash.lnk.to/forgivePR) some of which will appear on **gnash**’s forthcoming album.

**gnash** has also appeared as a featured artist on a handful of collaborations recently including **Clara Mae**’s [**“Overused,”**](https://bigbeat.lnk.to/overusedPR) **sad alex**’s [**“wash your hands”**](https://stem.ffm.to/washurhands) with **Roken**, **Lost Boy**’s [**“Insecure”**](https://www.youtube.com/watch?v=4MCoWk6ddTk) and **Walk Off the Earth**’s [**“Nicknames,”**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dr2KHf9Dq8P4&data=02%7C01%7CBrian.Sommer%40atlanticrecords.com%7Cb1664ca1801c499c7b7808d7d81bff9c%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637215487106405693&sdata=GVlUBPEW0PiczAGSRFqkMSlturm5nAmN9QZSNKJhW1A%3D&reserved=0) as well as **Keenan and Anna Clendening**’s [**“33 Days.”**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DR59ykt4M7W8&data=02%7C01%7CBrian.Sommer%40atlanticrecords.com%7Cb1664ca1801c499c7b7808d7d81bff9c%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637215487106405693&sdata=tjc1jSXIG4kVA91zNBwdgN7hPF9hf5pAKBtyFJRH65I%3D&reserved=0)

Aside from his recorded music, **gnash** teamed up with singer-songwriter **Marc E. Bassy** in 2019 for a co-headlining **Armed Forces Entertainment Tour** for United States troops stationed throughout Japan and also appeared in an **LGBTQ+ rights PSA** by the **Ad Council** for their **Beyond I Do** campaign.

“**outside/inside”** is available now on all DSPs and streaming services.

***ABOUT GNASH:***

gnash is a multi-platinum and Billboard chart topping singer, songwriter, and producer. A Los Angeles native, gnash stepped into the national spotlight in 2016, with his 5X platinum breakthrough hit “i hate u, i love u,” which spent an impressive 39 weeks on Billboard’s Hot 100 chart, peaking at #10. The single also landed at #5 on the top 40 radio chart and has to date accumulated over 2 billion audio streams, and 500 million YouTube views.  The track was included on his third EP, us, which released in March of 2016, following his two previous EPs, March 2015’s debut u, and the December 2015 follow up, me. It was also included in his full-length debut album, *we*. In October 2016, gnash was featured on acclaimed singer, songwriter MAX's 2016 2X platinum breakthrough hit "Lights Down Low,” which has 400M+ streams and made the top 10 at Top 40 Radio. gnash has performed on The TODAY Show, as well as, Late Night with Seth Meyers, and has been featured in numerous high-profile publications including Billboard, Vogue, Nylon, The New York Times and Teen Vogue, in addition to countless others.  A strong advocate for mental health, gnash has been open about his struggles and has publicly acknowledged the benefits therapy has had on his life.  gnash uses his story to show fans that its ok to have feelings, and through his music, has encouraged people to find their own unique way to express them. gnash hit the road in early 2019 for his “the broken hearts club” tour with the final leg of the 40-date trek concluding in early July.

**APPROVED PRESS PHOTO:**

[Photo Credit: Rosabelle Eales]



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