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SEPTEMBER 16, 2022

**gnash x annika wells share “granola bars”**

**CHART-TOPPING, MULTI-PLATINUM SINGER-SONGWRITERS TEAM UP**

**FOR PLAYFULLY ORGANIC NEW ANTHEM**

[**LISTEN TO “granola bars” HERE**](https://gnash.lnk.to/granolabars)



[DOWNLOAD](https://warnermusicgroup.app.box.com/file/1002690006754) HI-RES ARTWORK

6x RIAA platinum certified singer-songwriter **gnash** has joined forces with fellow chart-topping singer-songwriter **Annika Wells** for the playfully organic new duet, “**granola bars**,” available now via Atlantic Records/Overall Recordings at all DSPs and streaming services. The track is written by gnash – a.k.a. Garrett Nash – and Wells (Illenium, BTS, Steve Aoki) and produced by Nash, Wells, and Giulio Cercato – [LISTEN HERE](https://gnash.lnk.to/granolabars).

“*it’s a song about getting outside of your house – and of yourself,*” gnash says. “*another night on the sofa is another night in my comfort zone. annika wells is brilliant and i’m grateful to have written this sonic version of a national geographic article with her. i’m from LA, i have never camped, and now i think it’s time!*”

“*‘granola bars’ is the granola girl anthem I’ve wished I had on every road trip,*” says Annika Wells. “*As two pop-driven artists living in LA, it came as a pleasant surprise to both of us as Garrett and I sat down to write the song and realized we’re both secretly pretty crunchy. Some of the best memories of my life so far are ones I’ve spent sitting in a car next to somebody I love, with dirt under my fingernails and a great song blasting from the speakers. We hope we can be that song.*”

“granola bars” follows a stunning series of deeply personal singles released by gnash under his birth name of Garrett Nash, including the Sean Kennedy-produced “[Money, Love & Death](https://garrettnash.lnk.to/MoneyLoveandDeath),” “[Where The Sidewalk Ends](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgarrettnash.lnk.to%2FSidewalk&data=05%7C01%7CJessica.Nall%40atlanticrecords.com%7C1529b43f83bb4d20dc8a08da49c3d392%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637903402665731093%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wUjxdwht3O3ZkKBtA0JRV42pDKx6l42%2F865xWGCm8XA%3D&reserved=0)“ (a collaboration with 7x JUNO Award-nominated Canadian singer-songwriter Scott Helman), “[The Middle Of Nowhere](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgarrettnash.lnk.to%2FTheMiddleofNowhere&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=8vk1U8ld%2BZznVJDBJZ83v2HpOvAz%2BeGXeX%2FugQwr64E%3D&reserved=0),” “[Super Glue](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgarrettnash.lnk.to%2FSuperGlue&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=wn9fdBJVUf8PsNtMNBglTIf05NwkxZ7C0jby4CvRq8A%3D&reserved=0),” “[Palm Trees](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgarrettnash.lnk.to%2FPalmTreesVideo&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=ORFLyyFUYLIluposHeB1eTTnde1Wz65%2BE9ZCHCLdHkU%3D&reserved=0),” Shwayze x Garrett Nash’s “[Breathe In](https://ineffable.to/breathein),” and a nostalgic cover of his childhood favorite, Fountains of Wayne’s “[Stacy’s Mom.](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgarrettnash.lnk.to%2FStacysMom&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=A%2BVjgcbuisnVD8864mxaQHP2rAc0Sd1D6ksEcNRGxRw%3D&reserved=0)”



[**DOWNLOAD PRESS PHOTOS HERE**](https://warnermusicgroup.app.box.com/s/sbxmpigmj8ffdpuaonsuljzn2nxxazq8) // Credit: Sabina Tamayo

# # #

**ABOUT GNASH**

Known for his genre-blurring brand of modern pop, gnash made his global breakthrough with 2016’s multi-platform blockbuster hit single, “i hate u, i love u.” The stripped-bare track reached the top 10 on Billboard’s “Hot 100” – where it spent an impressive 39 weeks – and singles charts around the world, earning 6x RIAA platinum certification and more than 2B global streams. Furthermore, the “i hate u, i love u” companion video is an unadulterated blockbuster, now with over 689M individual views via YouTube alone.

Along with his world-straddling popular success, gnash began receiving rapt attention from worldwide media, drawing critical acclaim from such top tier publications as the *New York Times*, *Entertainment Weekly*, *Billboard*, *Vogue*, and *NYLON*, to name but a few. 2019 saw gnash follow a series of EPs with his RIAA gold certified full-length debut album, *we*, drawing praise from such outlets as *The Guardian* for its “*highly intimate confessionals about doubt, anxiety and insecurity…the combination of charming tunes and humbling insights are truly lovely.*”

As charming and idiosyncratic on stage as in the studio, gnash traveled North America on a number of tours, including 2019’s 40-date “the broken hearts club tour,” while also finding time for high-profile TV performances on NBC’s *TODAY* and *Late Night with* *Seth Meyers*. A strong advocate for mental health, gnash has long been open about his struggles, publicly acknowledging the benefits of therapy while also encouraging fans to find their own unique way to express themselves.

**ABOUT ANNIKA WELLS**

Now boasting over half a billion worldwide streams, Annika Wells had already proven her chops before dropping the unapologetic “Fuck Being Sober,” in 2021, penning tracks for acts like Jonas Brothers, BTS, PRETTYMUCH, and Steve Aoki. Her vocals and songwriting have also powered two *Billboard* dance hits in Illenium’s “Nightlight” and Midnight Kids’ “Run It.”

Wells wrote and recorded what would become her first single, “Break,” in 2016. The Giulio Cercato-produced track caught fire around the world, catapulting onto the Spotify Global Viral Chart and eventually earning 15 million Spotify streams. Wells wrote and was featured on Illenium’s 2017 smash, “Crawl Outta Love,” amassing 58 million Spotify streams, reaching the Top 30 on *Billboard*’s “Hot/Dance Electronic Songs” chart, and notching the International Songwriting Competition (ISC) Grand Prize.

Between performing in sold-out arenas across the country with Illenium throughout 2019, Wells landed a string of major placements as a songwriter for Jonas Brothers, PRETTYMUCH, BTS, and Steve Aoki. Wells is now stepping into the spotlight on her own with a series of singles – including “Stay High,” “Modern Art,” and “Fuck Being Sober,” the latter of which proved the #1 most-added track at US Pop radio upon its release last year. For more, please visit <https://shor.by/AnnikaWells>.

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**CONNECT WITH gnash**

[WEBSITE](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.garrettnash.com%2F&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=w3afVF1eC1Nze8kIJes6JVe4A1SM51R1q3y0Yi7EL%2BA%3D&reserved=0) | [TWITTER](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.twitter.com%2Fgnash&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=zBA5JnPP3LArhFLGZBYUYZIHpdznteXrM66%2BDH0xz3A%3D&reserved=0) | [INSTAGRAM](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.instagram.com%2Fgnash&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=v9%2BGQ5f4HtMqTt%2Beto5xQDD%2F8PruZ2ZJQZA8wsLJzcs%3D&reserved=0) | [FACEBOOK](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.facebook.com%2Fgnashgnashgnash&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=zLOFy%2B7LfmfTH090cH4UUGaOcVm%2BgXv0%2B4KrNWHrO0g%3D&reserved=0) | [YOUTUBE](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.youtube.com%2Fgcnash16&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=72W1rURveWLivgPQALh9Y3ia7iudXjG4%2BVEX6e7AIBE%3D&reserved=0) | [TIKTOK](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tiktok.com%2F%40gnash%3Flang%3Den&data=04%7C01%7CJessica.Nall%40atlanticrecords.com%7C70e3cef895b94f30cb1d08d9ed6f9254%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C637801888306149640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=WawC3JQYEiqnIeOaIjCTr3p4VOfWVgzcdnh9vZHb0mM%3D&reserved=0)

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