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OCTOBER 7, 2022

**gnash unveils *one***

**first series of double-sided singles includes the brand new track, “seasons,”**

**backed by the previously released “palm trees”**

**additional new singles to follow throughout the year and into 2023**

[**listen to *one* here**](https://gnash.lnk.to/one)



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6x RIAA platinum-certified singer-songwriter **gnash** has shared [***one***](https://gnash.lnk.to/one), the first in a series of new double-sided singles set to be unveiled throughout the remainder of 2022 and into next year. *one* – which includes the brand new “**seasons**” backed by the previously released “**palm trees**” – is available now via Atlantic Records/Overall Recordings at all DSPs and streaming services [HERE](https://gnash.lnk.to/one).

"*they say people are in your life for a reason or a season,*” gnash says, “*but i don’t understand why people leave. it’s a cruel joke from the universe to put people in your life just to teach you a lesson or two just to go your separate ways. when i was writing this song we hypothesized that maybe i don’t know how to let go because i’m from a place where seasons never change.*"

“*palm trees are everywhere in LA, but they’re not from here, just like most of the people,*” he adds. “*i wrote that song with a friend who’s also from LA about being ready to leave the city, even though it feels like somewhere everyone wants to be. i realized while writing it that it might be time to say goodbye to the palm trees, when the time’s right, to make room for someone new to grow.*“

“seasons” b/w “palm trees” arrives mere weeks after the recent premiere of gnash’s acclaimed collaboration with fellow chart-topping singer-songwriter **Annika Wells** for the playfully organic new duet, “**granola bars**,” available now at all DSPs and streaming services [HERE](https://gnash.lnk.to/granolabarsID). Written by gnash – a.k.a. Garrett Nash – and Wells (Illenium, BTS, Steve Aoki) and produced by Nash, Wells, and Giulio Cercato, the track was met by praise from such online outlets as [*The Honey Pop*](https://thehoneypop.com/2022/09/16/unwrap-granola-bars-with-gnash-in-our-exclusive-interview/), which raved, “*‘granola bars’ is a simple but moving track with minimal background music and a focus on the back-and-forth between gnash and Annika. With lyrics that describe the perfect getaway and vibes that are upbeat and happy, this track is a shoo-in for that camping-for-two playlist.*”

“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)”

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.

# # #

**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) | [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) | [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) | [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) | [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) | [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)

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