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JANUARY 20, 2023

**gnash starts the new year with *four***

**latest installment in ongoing monthly series of double-sided singles**

**features the brand new tracks, “Rainbow” and “The Art of Letting Go”**

**additional new singles to follow in the months to come**

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



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6x RIAA platinum-certified singer-songwriter **gnash** has shared ***four***, the fourth and latest installment in his ongoing monthly series of double-sided new singles. *four* – which features the brand new songs “**Rainbow**” and “**The Art of Letting Go”** – is available now via Atlantic Records/Overall Recordings at all DSPs and streaming services [HERE](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgnash.lnk.to%2Ffour&data=05%7C01%7COlivia.Lee%40atlanticrecords.com%7Ca0ff7e83745846d911b608daedba711a%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638083682260439270%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=vp7v1fLRpagXXPfDb7D2aKsB1%2BgoAXCdERj2dKgH48I%3D&reserved=0).

“*‘Rainbow’ is about the balance of finding peace at home while connecting with the world around you to help you see ‘the point’ of it all,*” gnash says. “*Growing up in LA, I think the thing I value most is quiet, but I’m also inherently a social being, so this song is about trying to get out of my shell but questioning if it’s worth it the whole time.*

“*‘The Art of Letting Go’ is the title track from my next project,*” he continues. “*It’s a meditative think piece on the ups & downs of getting lost in the throes of trying to gain control over my mental state. That’s pretty much what the last couple years of my life has been like. Real fun stuff!!*”

The monthly succession of new singles began in October with [***one***](https://gnash.lnk.to/one), featuring “**Seasons**” backed by the previously released **“Palm Trees**,**”** available now at all DSPs and streaming services [HERE](https://gnash.lnk.to/one). November then saw the arrival of [***two***](https://gnash.lnk.to/two), which includes “**Family, Man**” (co-written and co-produced by gnash with singer-songwriter **Annika Bennett**) backed with the previously released **“Money, Love & Death**,**”** available now [HERE](https://gnash.lnk.to/two). Next came ***three***, featuring two brand new songs about love in the deeply moving “**Guiding Light**” and **“I Got A Lot To Lose**,**”** available now for streaming and download [HERE](https://gnash.lnk.to/three).

Last year also saw the 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” in turn followed a stunning series of deeply personal singles released by gnash under his birth name of Garrett Nash, including “[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),” 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](https://www.youtube.com/watch?v=BiQIc7fG9pA).” 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 710M 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.

# # #



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