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**gnash continues monthly series of double-sided singles with *five***

**latest installment features brand new tracks**

**“Time” and “Life (Everybody Dies)”**

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



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6x RIAA platinum-certified singer-songwriter **gnash** has shared ***five***, the fifth and latest installment in his ongoing monthly series of double-sided new singles. *five* – which features the brand new songs “**Time**” and “**Life (Everybody Dies)”** – is available now via Atlantic Records/Overall Recordings at all DSPs and streaming services [HERE](https://gnash.lnk.to/five).

*“‘five’ is comprised of the 2 most introspective songs on the record. they both deal with time passing, the ticking of the inevitable,”* gnash says.

*“*[On ‘life (everybody dies)’] *i’ve been thinking a lot about how we choose to spend our life time,”* he continues. *“this song summarizes that feeling with ‘that’s all a bit overwhelming, but i’m grateful to know you.’ this is most intimate song on the project. i’ve always wanted to make a free verse poem song, & with 5 verses & no hook, this does just that with conversational storytelling courtesy of Sean Kennedy with a little help from me!”*

*“*[On ‘time’] *‘time heals all’ is a quote my dad has pushed on me for years, & ironically over time i agree more & more,”* gnash goes on to share. *“this was the first song i made chronologically for this project before i even knew what it was going to become, & the feeling of reflection & time passing really lined up with the rest of the songs. i hope it brings you peace in times of worry.”*

The monthly succession of new singles began last 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***](https://gnash.lnk.to/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). The series continued into 2023 with last month’s [***four***](https://gnash.lnk.to/four), featuring the brand new songs “**Rainbow**” and “**The Art of Letting Go**,” available [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).

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://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DBiQIc7fG9pA&data=05%7C01%7COlivia.Lee%40atlanticrecords.com%7Cede20333c9cb4f40096408db04da6648%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638109108303147095%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=4LSovfo%2B9XPUPzupCvP5dinx1IGsBVzCZqEEttmcLNI%3D&reserved=0).” 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. 2018 saw gnash winning the iHeartRadio Titanium Award for his collaboration with MAX on “Lights Down Low.” 2019 followed with the release of 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.*” Most recently, gnash began his ongoing monthly series of double-sided new singles, including his most recent release of 2023, [*four*](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgnash.lnk.to%2Ffour&data=05%7C01%7COlivia.Lee%40atlanticrecords.com%7Cede20333c9cb4f40096408db04da6648%7C8367939002ec4ba1ad3d69da3fdd637e%7C0%7C0%7C638109108303147095%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=m%2BzptCLL%2BGAtAHslyvYCO%2FRAbYqrFcQv6mV59pE0BoM%3D&reserved=0).

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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