**CARYS RELEASES DEBUT EP**

**TO ANYONE LIKE ME**



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October 2, 2020 – Warner Music Canada / Atlantic Records recording artist CARYS has released her debut EP *To Anyone Like Me* today. Featuring the hit singles “Princesses Don’t Cry” which has garnered an incredible 70+ million streams around the world, and “No More,” which is already a Top 20 hit at Canadian radio, *To Anyone Like Me* is a deep dive into contrasts: joy and sorrow, pleasure and pain, midnight and morning. The EP arrives with the powerful new track “When a Girl,” which features CARYS contemplating the juxtapositions that womxn are expected to inhabit. “When a Girl” lands with a captivating video which can be seen here. To stream or download *To Anyone Like Me* click here.

Of *To Anyone Like Me* CARYS says “I was writing the songs for this EP with the intention to get out how I had been feeling about all the parts of my life I was ready to let go of and the resistance to letting go. Most of this album was written in a period of a lot of self-reflection and growth. The need for validation, people-pleasing, romanticising the past, fearing the future. To Anyone Like Me represents the different stages of healing and the complicated journey of beginning to recognize our inherent worth.”

CARYS says of the “When a Girl” video “The lyrics reference binary people, but the message of the song is universal. We aren’t defined by what we seem to be on the surface. Nobody is so one dimensional. I tried to make a point of this in the video by embodying a few of the different boxes that I personally get put into either by myself or others. Sensitive, bossy, weird, tomboy, immature and so on. I am all of those things sometimes, but I'm also so much more than that.”

CARYS was highly visible in the leadup to the release of *To Anyone Like Me*, appearing as a “One To Watch” on [ET Canada](https://etcanada.com/video/4a0292f8-e0d3-11ea-a585-0242ac110003/one-to-watch-carys/), and joining the national broadcast of [The Morning Show](https://globalnews.ca/video/7294841/tms-couch-ella-carys/) as part of their Couch-ella series. [Riot Magazine](https://riotmag.co/carys-im-very-much-in-the-figuring-it-out-stage-of-my-life) finds “her magnetic energy…infectious” while [Hollywood Life](https://hollywoodlife.com/2020/06/26/carys-video-no-more/) describes her video for “No More” as “nothing short of sublime.” For all the latest on CARYS, including a number of exciting release week announcements to come be sure to follow her on [Instagram](https://www.instagram.com/carysofficial/), [TikTok](https://www.tiktok.com/@carysofficial), [YouTube](https://www.youtube.com/channel/UCtHoTrH0GgJ9fBrzmTqk7Pg), [Facebook](https://www.facebook.com/carysofficial) and [Twitter](https://twitter.com/carysofficial).



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