FOR IMMEDIATE RELEASE

MARCH 24, 2023

**gnash REVEALS *THE ART OF LETTING GO***

**FULL-LENGTH COLLECTION GATHERS ALL TEN TRACKS**

**FEATURED ON RECENT SERIES OF DOUBLE-SIDED SINGLES**

**ALONG WITH BRAND NEW TRACKS “BALANCE” AND “BE HERE NOW”**

***THE ART OF LETTING GO* AVAILABLE NOW VIA OVERALL RECORDINGS/ATLANTIC RECORDS**

[**LISTEN HERE**](https://gnash.lnk.to/TheArtofLettingGo)



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6x RIAA Platinum-certified singer-songwriter **gnash** has shared his eagerly awaited new project, [***The Art of Letting Go***](https://gnash.lnk.to/TheArtofLettingGo), available now via Overall Recordings/Atlantic Records. Written and produced by gnash – a.k.a. Garrett Nash – the 12-song collection gathers all ten tracks featured on his recent series of five double-sided singles along with two brand new tracks, “**Balance**” and the project-closing “**Be Here Now**.”

“*i made this project free & during the pandemic & in a lot of ways it saved my life,*” says gnash. “*when everything shut down, i focused on what i know how to do best - write songs. after meeting Gabe Simon in 2019 on a writing trip to France, we started documenting the human experience over zoom, & 180ish demos later this is what it became.*

*learning how to let go is something i struggle with, be it in relationships, with resentment, anger, friendships, stress etc (the list goes on!) & making the art of letting go led me to ‘think it, say it, do it.’ i think it got me a little closer to that enlightenment we all strive for in one way or another. i believe we enter life with a set of lessons to learn, & while all on our own journey or path through life those lessons we learn along the way help our souls grow. the album is a reflection of that. i chose a cloud motif for the cover because they remind me of thoughts, feelings, & emotions – how they come & go with the wind (or, our breath).*

*i think it lives in the indie, folk pop, acoustic, mediative, & almost psychedelic spaces that i was inspired by as a kid & reconnected with as an adult during the first time (after traveling, touring, & doing all the work that comes with the first massive global moment in an artist’s career) i had to be home in 6 years. i’m excited for you to listen & see how it fits into your life! i hope it serves as a time capsule & it finds & helps the people who need to hear it as much as in needed to make it. jai guru!*”

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.”** 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.”** 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.”** The series continued into 2023 with last month’s [***four***](https://gnash.lnk.to/four), featuring “**Rainbow**” and what proved the album’s title track, “**The Art of Letting Go.**” [***five***](https://gnash.lnk.to/five), the fifth and latest installment in the series features “**Time**” and “**Life (Everybody Dies).**” *The Art of Letting Go* also follows the recent release of “[**Glass on the Shelf**](https://gnash.lnk.to/GlassontheShelf),” a heartfelt collaboration with acclaimed singer-songwriter **Mark Diamond**.

Last year also saw the premiere of gnash’s acclaimed collaboration with fellow chart-topping singer-songwriter **Annika Wells** for the playfully organic duet, “[**granola bars**](https://gnash.lnk.to/granolabarsID),” which 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)“



[DOWNLOAD PRESS PHOTOS HERE](https://warnermusicgroup.box.com/s/enaqnnwgweq9i73g89yt4mv0imlob4xr)

CREDIT: JIMMY FONTAINE

**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](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.*”

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.

# # #

**gnash**

***The Art of Letting Go***

(Overall Recordings/Atlantic Records)

**Tracklist:**

Palm Trees

The Art of Letting Go

Balance

Rainbow

Money, Love & Death

Guiding Light

I’ve Got A Lot To Lose

Family, Man

Seasons

Life (Everybody Dies)

Time

Be Here Now

# # #

**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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