HILARY DUFF BIO

When Hilary Duff set to work on her first album in a decade, the multiplatinum global superstar decided to speak her truth like never before. Pulled between the chaos and clarity of motherhood, marriage, and finding herself in her 30s, she dreamed up a batch of songs that uncover the secret corners of her inner world: her hidden longings and quiet insecurities, intrusive thoughts and deepest obsessions. In a bold evolution of her artistry, Duff crafted every track with equal parts sensitivity, self-awareness, and wildly charming wit, ultimately arriving at the confessional beauty of *luck… or something*, her sixth studio LP and most revealing work to date.

Her debut release for Atlantic Records, *luck… or something* marks the start of a thrilling new chapter for Duff. “After I had my last child, I felt a strong desire to get back into the studio and share some of my life experiences over the years,” says Duff, who rose to fame as the titular star of the Disney Channel blockbuster “Lizzie McGuire” and later established herself as a producer, entrepreneur, philanthropist, and *New York Times*-bestselling author. “It feels really great to return to that part of my life, but to do it on my own terms. And at 38, I know myself better than I ever have.”

The latest entry in a hit-stacked catalog including Duff’s 4X platinum 2003 debut *Metamorphosis*, *luck… or something* came to life in collaboration with her husband Matthew Koma (a Grammy-winning songwriter/producer who’s worked with everyone from Bruce Springsteen to Britney Spears). In a departure from 2015’s *Breathe In. Breathe Out.* (a No. 5 debut on the Billboard 200, made with an extensive lineup of producers/co-writers including Tove Lo and Ed Sheeran), Duff deliberately kept her creative circle tight. “Working with my husband, I felt free to be brutally honest and trust that he’d understand—and because of that I got to bloom,” she says. But while the album dives straight into life’s messiest moments, each song centers a bright pop sound perfectly suited to her radiant vocal work. “That feels true to my reality, where something heavy can be happening but I’m able to move through life without letting it weigh me down,” says Duff.

Co-produced by Koma and Brian Phillips (MisterWives, Echosmith), *luck… or something* opens on the very first song created for the LP: “Roommates,” a breezy but bittersweet portrait of nostalgia for the days before life started life-ing and adulting took over. “I love how that song is serious in tone but it’s still such a bop,” says Duff. “Once we’d recorded it, it felt like we’d found the shape for the entire record.” Built on her down-to-earth but gorgeously detailed storytelling, the album muses on past romances on “Weather for Tennis” (a sweetly wistful track about “being in a relationship that’s not working anymore and trying to distract yourself, then realizing you’re strong enough to call ‘game over’”) and “You, From The Honeymoon” (an exasperated plea to let loose and reconnect with someone who’s slowly slipping away). Meanwhile, on “Future Tripping,” Duff intimately documents a love-fueled anxiety spiral. “When you have something good, there are those moments when you start thinking about everything that could go wrong,” she says. “It’s like your brain sabotages you, so that you’re worrying about an imagined future instead of living in the moment.”

An unfiltered glimpse into Duff’s emotional life, *luck… or something* takes its title from “Adult Sized Medium”—a soul-baring anthem about encountering her younger self in a dream (the song’s final lyric: *“How did we get here?/Was it luck or something?”*). “In interviews I constantly get asked how I still have my head on straight after growing up in this industry,” she says. “The album title is my way of answering that question, which felt right for a record that’s about where I’ve landed and all the things I’ve been through along the way.”

While finishing up *luck… or something*, Duff began re-recording a handful of her biggest hits (including the Top 40-charting “So Yesterday” and “Come Clean”) along with several longtime live favorites selected for the setlist to her 2026 tour. Kicking off just after the 25th anniversary of “Lizzie McGuire”—an iconic breakout that paved the way for her expansive TV and film career, including an award-nominated turn on Darren Star’s “Younger”—the tour will feature prominently in Duff’s upcoming docuseries, created with Grammy-nominated director Sam Wrench (*Taylor Swift: The Eras Tour*). “After making a really open and honest album, I wanted to share more of my life: who I am and what my days look like and how it feels to relearn this industry,” she says. “I’m an entrepreneur and a businessperson and now I’m going to be a pop star again, which is so exciting to me.”

Looking back on the making of *luck… or something*, Duff notes that she found a complicated but unmistakable joy in reclaiming her identity as an artist. “There’s that question of whether women can have it all, and through this process I learned I had to sacrifice some things in order to put the record first,” she says. “As hard as that is, I still believe it’s okay to choose yourself sometimes and do what scares the hell out of you. Carving out the time to make an album after all these years was incredibly powerful for me, and now I can’t wait to share it with the world.”