



MEGHAN TRAINOR'S HIGHLY ANTICIPATED THIRD
ALBUM *TREAT MYSELF* OUT NOW

INCLUDING BRAND NEW SINGLE
"NICE TO MEET YA"
FEATURING NICKI MINAJ

JOINING MAROON 5 ON TOUR IN MAY 2020
FIND FULL DATES AND BUY TICKETS [HERE!](#)



(January 31, 2020 – Los Angeles, CA) – The time has come.

GRAMMY® Award-winning singer, songwriter, and producer **Meghan Trainor** drops her third album, *Treat Myself* [Epic Records], today, and [Dr. Phil](#) wants everyone to TREAT THEMSELVES and listen to it!!!

Building on their friendship and **Meghan's** lifelong obsession with him, she finally "[is in love with herself](#)" says **Dr. Phil**.

He promises, "[The lyrics are about being a strong person filled with positivity...just like I taught her on the TV.](#)"

Before encouraging everyone to "Treat yourself to *Treat Myself*," Meghan actually gets **Dr. Phil** to say the words "funky" and "bopping" to his own astonishment—and that of anyone who's ever watched him.

What better way to introduce *Treat Myself*.

Get the album [HERE](#).

Meghan preceded the record's arrival with a string of fan favorites. The boisterous and bold platinum single "**No Excuses**" clocked over 106 million Spotify streams to date, and at the end of 2019 she performed the soaring album opener "**Wave**" [feat. **Mike Sabath**] on [The Ellen DeGeneres Show](#) and [The Voice](#). Earlier this month, she unveiled "**Blink**" to critical acclaim with *Rolling Stone* dubbing it, "a motivational anthem." Meanwhile, *Idolator* predicted **Treat Myself** as "shaping up to be well worth the years-long wait. I feel comfortable saying that based on the quality of bops like 'Blink'."

The brand new single "[Nice To Meet Ya](#)" [feat. **Nicki Minaj**] showcases another side of the superstar. Over throwback nineties R&B production, she slides from slick verses towards a whispered refrain before the iconic Queen, **Nicki Minaj**, goes wild on the beat with fierce and fiery rhymes. Watch the official video [HERE](#), inspired by the 80's Cult Classic Movie, **Working Girl**. Elsewhere on the album, she welcomes the freshly reunited **Pussycat Dolls** to guest on the cheeky "**Genetics**," which playfully pokes fun at perceived plastic perfection. "**Babygirl**" represents an emotional high point as Meghan locks into a heavenly harmony with a choir on a resounding reminder to "Love Yourself" before an eighties-style dance drop. Meanwhile, she joins forces with rising pop star **AJ Mitchell** on the sassy and spunky "**After You**." Everything culminates on the finale "**Have You Now**." Its skittering synths and danceable claps build towards a tender plea, "*Don't let me down, stay with me for life.*"

Check out the full tracklisting below.

Speaking to her worldwide influence, Meghan recently joined *The Voice UK* as a judge for this season, adding to a growing list of film and television credits and enchanting audiences yet again.

This Spring, she hits the road alongside Maroon 5 in support of the album and her biggest stage production yet. View dates [HERE](#).

The ultimate treat for pop music has arrived now!

TRACKLISTING:

1. Wave [feat. Mike Sabath]
2. Nice To Meet Ya [feat. Nicki Mina]
3. Funk
4. Babygirl
5. Workin' On It [feat. Lennon Stella & Sasha Sloan]
6. Ashes
7. Lie To Me
8. Here To Stay
9. Blink
10. Genetics [feat. Pussycat Dolls]
11. Evil Twin
12. After You [feat. AJ Mitchell]
13. Another Opinion
14. No Excuses
15. Have You Now



(Photo Credit - Hanna Hillier)

About Meghan Trainor

Meghan Trainor first made history in 2014 with her diamond-certified smash single “**All About That Bass.**” The GRAMMY® Award-winning singer, songwriter, and multi-instrumentalist thus far has garnered a GRAMMY® Award and achieved eight multi-platinum singles and two platinum albums, sold out three world tours, penned multi-platinum hits for peers across pop and country, and received countless industry awards and nominations. Expanding her influence on pop culture, she starred on FOX’s hit series *THE FOUR: Battle for Stardom* for two seasons and is currently on the superstar coaching panel of ITV’s *The Voice UK* alongside Sir Tom Jones, will.i.am and Olly Murs. Today, she releases her third full-length album, *Treat Myself*, featuring the new single “**Nice To Meet Ya**” featuring **Nicki Minaj**, her acclaimed platinum smash “**No Excuses,**” and the “powerfully sweeping” (*Billboard*) single, “**Wave**” featuring Mike Sabath.

Meghan-Trainor.com | Facebook.com/MeghanTrainorSongs | Twitter: [@Meghan_Trainor](https://Twitter.com/@Meghan_Trainor) |

Instagram: [@Meghan_Trainor](https://Instagram.com/@Meghan_Trainor)

###