**Christian French Bio**

When he released his third EP *good things take time* in September last year, Christian French had spent his career centering his music on the hardships of anxiety and trying to rationalize its impact on mental health through an optimistic filter. But during the pandemic, the 24-year-old found himself stuck: he was struggling with his songwriting prowess, unsure of how to mine inspiration from his experiences in life at a time when quarantine limited the opportunities at hand.

"You're doing the same things every day and therefore you don’t have anything to really write about that moves you. I kept finding myself in those cycles of not really being in the zone," explains the Los Angeles-based singer-songwriter. "Through all the bullshit, this has been a crazy good time for me to mature both as an artist and a person."

For French, much of that soul-searching came from the demise of a three-year relationship, one that jostled the foundation of his approach to penning music. "After these problems started to happen, I really focused on what makes the relationship work, what doesn’t, what I was doing wrong—just reflecting on all my past relationships," he says. His writing sessions yielded "Avalanche," the first single off his upcoming debut full-length album, which pivots from the introspection of prior releases to an interrogation of what exactly waters the seed of romantic doubt.

"Avalanche" is a brisk pop song that gallops with fervency, contrasting the sober realization that the time has come to move on from his partner. For the track, French worked with songwriters Jacob Kasher (Charlie Puth, Selena Gomez) and Jake Torrey (Justin Bieber), as well as producers Andy Seltzer (Maggie Rogers), Pink Slip and inverness, tackling relatively newfound territory for an artist on a journey of self-actualization.

"I just really noticed my tendencies when I’m in a relationship, I’ve had this specific moment where this really innocent thought will come in my head, where I’m like, I wonder what life would be like if I was single or I was without this person," he says. "And you start fantasizing all these things and that little innocent thought grows and grows over time and becomes reality if you let it. It’s a snowball effect into an avalanche."

Though the subject matter may differ, "Avalanche" is firmly rooted in the musical path set before him. Fans have witnessed firsthand how he has blossomed from a young upstart posting John Mayer and Gavin DeGraw covers to Soundcloud into an artist who isn’t afraid to speak his mind while concurrently developing his voice. Over the past few years, he introduced a crisp, guitar-plucked sound with the independent release of 2018’s debut *natural colors* EP, which has racked up more than 76 million Spotify listens to date, and chased it with 2019’s breakthrough *bright side of the moon*, a six-track manifestation of his ruminations on mental health matched with tales of romance. Last year's *good things take time* embodied a more confident sound that straddled pop and rock without losing the clarity of its predecessor.

For French, learning to articulate those kinds of thoughts through music began at home, growing up in Fishers, Indiana. He learned to play piano by watching YouTube instructionals and started posting covers online, but it wasn’t until college at Indiana University that writing original music became a reality. He soon dropped out and chased his dreams to Los Angeles, releasing a few singles before landing with “By Myself,” a collaboration with producer Triegy that has 45 million Spotify listens and set the framework for his *natural colors* EP. With a small wave of momentum, he found himself reaching an even bigger audience after his covers secured him the opportunity to tour with Chelsea Cutler and Quinn XCII.

Now, French is ready to reconnect with fans with the release of "Avalanche," in addition to a tour scheduled for the fall and a coveted slot booked for Lollapalooza. Coming out of quarantine with a newfound perspective comes with its own set of anxieties, but French is facing it head-on. "All this new music is just better than anything I’ve ever put out and it speaks authentically to what I’m going through," he says. "I feel like the energy is finally starting to shape. I still have my days where I feel aimless, but 'Avalanche' has given me a lot of purpose again—to find the light at the end of the tunnel."