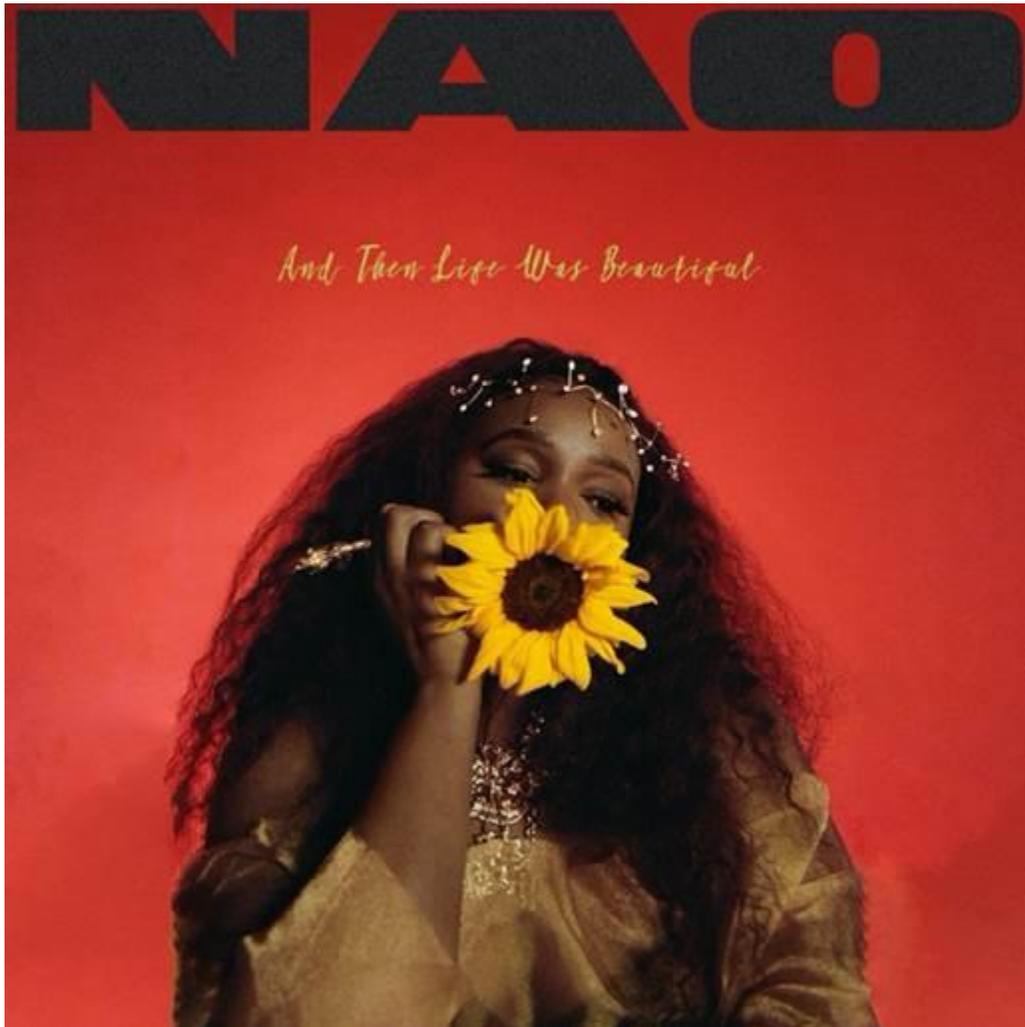


# NAO RELEASES LONG-AWAITED ALBUM *AND THEN LIFE WAS BEAUTIFUL*

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[New York, NY – September 24, 2021] Today, **Nao** releases her highly-anticipated third studio album ***And Then Life Was Beautiful*** via **Sony Music UK/RCA Records**, the follow-up from her critically acclaimed Mercury Prize and Grammy-nominated album ***Saturn***.

Listen to ***And Then Life Was Beautiful***: <https://nao.lnk.to/ATLWB>

While her previous project propelled the singer-songwriter into a new stratosphere with its cosmic, coming-of-age themes, the songstress is now entering a brand new chapter with ***And Then Life Was Beautiful*** - where ***Saturn*** untangled the knots of late twenties soul-searching,

***And Then Life Was Beautiful*** goes a step further by setting out a clarified sense of purpose. Now a mother of a young daughter, **Nao** is more confident in herself and her voice than ever. A pandemic album, written and recorded throughout never-ending lockdowns, the project celebrates life's ups and downs, reaching out a hand to guide listeners through what hurdles may confront them next. It includes previously released tracks "[Antidote](#)", featuring Nigerian superstar **Adekunle Gold**, "[Woman](#)", featuring **Lianne La Havas**, which she recorded with her new-born daughter strapped lovingly to her chest, as well as "[Messy Love](#)," a stunning offering loaded with strummed guitar grooves and drum rhythms rooted in 90s R&B. For the former she recently revealed a mesmerising Lisette Donkersloot-directed music video, boasting a radiant spectrum of stunning highly saturated and otherworldly colours. The visuals see **Nao** surrounded by eccentric dancers who hold onto her as she is ready for a new cycle of life - watch [here](#).

Other notable stand-out tracks include "[Wait](#)," a stripped-back track which takes an intimate look at how you make mistakes to develop a relationship, and '**Postcards**', highlighting a gorgeous vocal interplay of **Nao** and **serpentwithfeet**, who features alongside her on the track. For "**Good Luck**," R&B crooner **Lucky Daye** jumped on board.

*She says: "Life isn't perfect; we still go through ups and downs, but it can be beautiful as a whole. I do think it's a hopeful album, in an honest way – it's not shiny or all 'isn't this great!' and 'party party party.' But it's hopeful in that through every rough patch, every dark patch or struggle we always come out again. That's what life is. You keep going. But most of all you try and step into a place of gratitude so that you can see life in all of its beauty."*

#### **And Then Life Was Beautiful Tracklist:**

1. And Then Life Was Beautiful
2. Messy Love
3. Glad That You're Gone
4. Antidote (feat. Adekunle Gold)
5. Burn Out
6. Wait
7. Good Luck (feat. Lucky Daye)
8. Nothing's For Sure
9. Woman (feat. Lianne La Havas)
10. Better Friend
11. Postcards (feat. serpentwithfeet)
12. Little Giants
13. Amazing Grace

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