

# 251. How to Break Cycles with Allison Russell

*author:*



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## Synopsis

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Singer, songwriter, and instrumentalist, Allison Russell, shares her incredible life story and teaches us how she healed from abuse through music, sisterhood, and returning to her body. This hour is a soul-stirring reminder of the life-saving, cycle-breaking power of truth telling, art, and love. About Allison: Allison Russell has spent her career in multiple bands, including Poë™ Girl, Our Native Daughters and Birds of Chicago. After a career spent as a gifted multi-instrumentalist, backing numerous other artists, she finally dared to release her solo project in 2021. She made her Opry debut and appeared at the Country Music Hall of Fame and performed at the 2022 GRAMMYs™ Premiere Ceremony. In addition to her four GRAMMY nominations, she has earned three 2022 Americana Award nominations and a win for Album of the Year, two International Folk Music Award wins, a 2022 Juno nomination for "Songwriter of the Year,"™ and her first-ever Juno Award win for Contemporary Roots Album of the Year. Russell received two 2021 Americana Awards nominations, won three Canadian Folk Music Awards, two UK Americana Music Awards, and more. She was recently nominated for Song of the Year and Artist of the Year for the 2023 Americana Awards. TW: @outsidechild13 IG: @allisonrussellmusic

## Reader's comments

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