

How Selena Gomez Drew Encouragement From Lauren Daigle

Singer and producer Selena Gomez took to Instagram recently to encourage her followers to listen to a song on Christian artist Lauren Daigle's new album.

In the Instagram story, Gomez, who has been fairly transparent about her personal struggle with mental health, said Daigle's song "This Girl" has positively impacted her in her struggle with depression and anxiety.

"I like to listen to worship music and this song, in particular, makes me feel like I'm talking about that feeling," she said, going on to explain that sometimes, even when people do the "right thing," they still don't feel good. {eoa}

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