

**THE REGRETTES RELEASE NEW ALBUM** [***HOW DO YOU LOVE?***](https://warnerr.ec/howdoyoulove)

**TO OVERWHELMING GLOBAL ACCLAIM**

**PRAISE FROM *NPR*, *ELLE*, *NME*, *TEEN VOGUE*, *CONSEQUENCE OF SOUND, NYLON* & MORE**

**PERFORMING ON *GOOD MORNING AMERICA* – MONDAY, AUGUST 12**

**THE “HOW DO YOU LOVE TOUR” KICKS OFF THIS FALL,**

**WITH SOLD-OUT ALBUM RELEASE SHOW TONIGHT IN NEW YORK CITY**



*This really fun, terrific new album… a terrific culmination of a band that has been honing and perfecting their sound.*

***– NPR***

*The snarled asides of ‘Has It Hit You’, the echoing sing-song of ‘Colouring Book’ and the eerie narration of that opening track: these are the moments at which the band feels truly unstoppable.*

***– NME***

*A concept album that draws inspiration from early-aughts postpunk bands like the Exploding Hearts, The Strokes, and the Yeah Yeah Yeahs*

***– ELLE***

*Incredibly self-aware, empowering pop-punk…*

***– Teen Vogue***

**August 9, 2019 (Los Angeles, CA)** – L.A. power-pop outfit The Regrettes have released their highly-anticipated sophomore album, *How Do You Love?* today via Warner Records. The record has been released to overwhelming global acclaim from the likes of *NPR*, *NME*, *Elle*, *Teen Vogue*, *Consequence of Sound*, *Nylon*, *Kerrang* and many more, and the band will make their morning television debut on *Good* *Morning* *America* this Monday, August 12. The Regrettes wrap up their nearly sold-out North American summer headline tour this weekend, including a sold-out record release show tonight in New York City, followed by the “How Do You Love Tour” this fall. A full list of dates is below.

**Listen/Share/Buy *How Do You Love?* –**

[**https://warnerr.ec/howdoyoulove**](https://warnerr.ec/howdoyoulove)

*How Do You Love?* is an album about the most universal of emotions: love. Throughout the 15-track record, 18-year-old frontwoman Lydia Night details the rise and fall of a relationship—from that first rush of butterflies, through a destructive break-up, to ultimately finding peace and closure. Night, who wrote the vast majority of lyrics, begins the record with a spoken-word poem, diagnosing the listener as being "infected” with a “love disease.” Throughout the album, it becomes evident that The Regrettes are infected, too—but that's not a bad thing. The band hopes that the album will provide “the cure," by showing listeners that no matter how they’ve experienced love—whether it's romantic, platonic, or self-love—they’re never alone.

Night came up with the idea after writing a group of songs about her experiences in various real-life relationships. She states, “I realized that they all fit together and tell a story. It’s about finding bravery through [love]… learning and accepting that, yes, you went through a shitty breakup, but that’s amazing—because all that means is next time you’re in a relationship, you know so much more about yourself and about what you want.”

Over the past few months, the band has been gearing up for the release of *How Do You Love?*, offering fans a sneak peek with recently-released tracks “[California Friends](https://wbr.ec/californiafriends-mv),” “[Pumpkin](https://wbr.ec/pumpkin),” “[Dress Up](https://youtu.be/m2mSsyzKnes),” and the lead single, “[I Dare You](https://www.youtube.com/watch?v=WOgQpjARYyc&feature=youtu.be),” as well as the passionate standalone anti-Kavanaugh anthem, “[Poor Boy](https://www.youtube.com/watch?v=Ll8ZKGCBIcE)” which *ELLE* declared as, “a feminist call to arms.” Earlier this year, they wrapped a 30-date European arena tour as direct support for Twenty One Pilots, making stops in London, Paris, Stockholm, Dublin, and many more.

In 2018, the band — currently rounded out by members Genessa Gariano (22, guitar), Brooke Dickson (24, bass) and Drew Thomsen (22, drums)—released their critically acclaimed *Attention Seeker* EP and dominated the year’s top summer festivals, from Coachella to Reading + Leeds, landing on the covers of *L.A. Times* and *L.A. Weekly* and earning praise from the likes of *Rolling Stone*, *Billboard*, *USA Today*, *Variety*, and *The Guardian*. Together, the group has graced the stages of *CONAN* and *Jimmy Kimmel Live!*, toured extensively across North America and Europe, and garnered widespread acclaim from *NPR*, *Vogue*, *Entertainment Weekly*, *Consequence of Sound*, and many more since the 2017 release of their breakthrough debut album, *Feel Your Feelings, Fool!*

***How Do You Love?* Tracklisting**

1. Are You In Love? (Intro)
2. California Friends
3. I Dare You
4. Coloring Book
5. Fog
6. Pumpkin
7. Stop And Go
8. Dress Up
9. Dead Wrong
10. More Than A Month
11. Go Love You
12. Here You Go
13. The Game
14. Has It Hit You
15. How Do You Love?

**Upcoming North American Tour Dates**

August 9 – Brooklyn, NY – Rough Trade **\*SOLD OUT\***

August 10 – Hamden, CT – Space Ballroom **\*SOLD OUT\***

September 19 –San Diego, CA – Music Box\*

September 20 – Los Angeles, CA – The Fonda Theatre\*

September 20-22 – Las Vegas, NV – Life Is Beautiful Festival

September 22 –Phoenix, AZ – Crescent Ballroom\*

September 24 –Austin, TX – The Parish\*

September 25 –Dallas, TX – Club Dada\*

September 27 – Nashville, TN – Basement East\*

September 28 – Atlanta, GA – Masquerade (Hell)\*

September 29 – Raleigh, NC – Motorco\*

October 1 – Washington, DC – U Street Music Hall\*

October 3 – New York, NY – Bowery Ballroom\*

October 5 – Philadelphia, PA – Foundry at the Fillmore\*

October 6 – Boston, MA – Brighton Music Hall\*

October 8 – Toronto, ON – Velvet Underground\*

October 9 – Detroit, MI – Loving Touch\*

October 11 – Chicago, IL – Metro\*

October 12 – Minneapolis, MN – Amsterdam\*

October 15 – Seattle, WA – Neumos\*

October 16 – Portland, OR – Wonder Ballroom\*

October 18 – San Francisco, CA – August Hall\*

October 19 – Pomona, CA – The Glass House\*

*\*As part of the “How Do You Love Tour”*

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**Digital Assets:**

Listen/Share “I Dare You”[here](https://warnerr.ec/idareyou)

Watch/Share “I Dare You” (Official Video) [here](https://warnerr.ec/idareyou_mv)

Listen/Share *How Do You Love?* [here](https://warnerr.ec/howdoyoulove)

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