

**THE REGRETTES ANNOUNCE HIGHLY-ANTICIPATED NEW ALBUM**

***HOW DO YOU LOVE*? OUT AUGUST 9**

**INFECTIOUS FIRST SINGLE “I DARE YOU” OUT TODAY**

**WATCH THE OFFICIAL VIDEO** [**HERE**](https://warnerr.ec/idareyou_mv)

**NORTH AMERICAN FALL HEADLINE TOUR JUST ANNOUNCED;**

**SUMMER HEADLINE DATES BEGIN JULY 19**



**June 18, 2019 (Los Angeles, CA) –** L.A. power-pop outfit The Regrettes have announced their highly-anticipated sophomore album, *How Do You Love?*, set for release on August 9 via Warner Records. The infectious, guitar-driven first single, “I Dare You” is out today, along with an official video. Listen to the new track and pre-order the forthcoming 15-track album [here](https://warnerr.ec/howdoyoulove) now, as well as at the band’s official store [here](http://www.theregrettes.com/). To coincide with the forthcoming release, The Regrettes have confirmed North American summer and fall headline tours, with the just-announced fall dates for “The How Do You Love Tour” on sale this Friday, June 21 at 10am local time. A full list of dates is below.

**Watch/Share “I Dare You” (Official Video):**

[**https://warnerr.ec/idareyou\_mv**](https://warnerr.ec/idareyou_mv)

**Listen/Share “I Dare You”:**

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

*How Do You Love?* is an album about the most universal of emotions: love. Throughout the 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),” and “[Dress Up](https://youtu.be/m2mSsyzKnes),” as well as the passionate standalone anti-Kavanaugh anthem, “[Poor Boy](https://www.youtube.com/watch?v=Ll8ZKGCBIcE)” which *ELLE* just 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**

July 19 – Pioneertown, CA – Pappy & Harriets

July 20 – Tucson, AZ – 191 Toole

July 21 – Albuquerque, NM – Launchpad

July 23 – San Antonio, TX – Paper Tiger

July 24 – Houston, TX – House of Blues Bronze Peacock

July 26 – Birmingham, AL – Saturn

July 27 – Charlotte, NC – Visulite

July 28 – Richmond, VA – Richmond Music Hall

July 30 – Baltimore, MD – Metro Gallery

August 1 – Albany, NY – The Hollow

August 2 – Buffalo, NY – Town Ballroom (Leopard Lounge)

August 3 – Cleveland, OH – Grog Shop

August 4 – Columbus, OH – The Basement

August 6 – Cincinnati, OH – Madison Live

August 7 – Pittsburgh, PA – Mr. Smalls Funhouse

August 9 – Brooklyn, NY – Rough Trade

August 10 – Hamden, CT – Space Ballroom

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)

Pre-order *How Do You Love?* [here](https://warnerr.ec/howdoyoulove)

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**Press materials:**

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