**For Immediate Release March 4, 2022**

 **THE REGRETTES WILL RELEASE** [***FURTHER JOY*,**](https://theregrettes.lnk.to/FurtherJoy) **THEIR THIRD STUDIO ALBUM, ON APRIL 8th VIA WARNER RECORDS

SHARE** [**MUSIC VIDEO**](https://theregrettes.lnk.to/TWMMLYVideo) **FOR NEW SONG “**[**THAT’S WHAT MAKES ME LOVE YOU**](https://theregrettes.lnk.to/TWMMLY)**”

CONFIRM 19-DATE *FURTHER JOY* HEADLINING TOUR, IN CITIES INCLUDING NYC, LA, CHICAGO, BOSTON, PHILADELPHIA**

­Today, The Regrettes confirm the release of their third studio album, [*Further Joy*](https://theregrettes.lnk.to/FurtherJoy), on April 8th via Warner Records. The band, consisting of singer and songwriter, Lydia Night, as well as Genessa Gariano (guitar), Brooke Dickson (bass) and Drew Thomsen (drums), have written a manual for living in these times, replete with highly personalized songs about things we’re all going through. Night shares, “that phrase, ‘further joy,’ summarized what it meant to be on the hamster wheel of constantly chasing happiness, but in turn, that’s what makes you unhappy. I was stuck in a loop of wanting to be better, wanting to be good, and therefore I couldn’t be here. I couldn’t be present.” The desire to break free of that cycle is what the band’s third album, *Further Joy*, is all about, a joyous and self-aware soundtrack for those interested in what Lydia refers to as “dancing the pain away.” *Further Joy* is available for pre-order [here](https://theregrettes.lnk.to/FurtherJoy), and will be available in formats including digital/streaming, CD, and vinyl. Independent Record Stores and The Regrettes official store will have “Joy” pink vinyl, with first 250 fans to order from the band’s store to also receive a one-of-a-kind Polaroid from the band.

Today, The Regrettes shared their [music video](https://theregrettes.lnk.to/TWMMLYVideo) for “[That’s What Makes Me Love You](https://theregrettes.lnk.to/TWMMLY),” directed by Claire Marie Vogel and Olivia Eberstadt. “I was in a dark anxious place and realized that I was becoming very critical of my partner.” Night reveals about the new song from their forthcoming album, “I got out of that place by realizing, ‘I love this person for exactly who they are and nothing needs to change about who they are or who I am to make each other happy. The song came from me flipping the narrative to ‘That's not why I should be scared. That's why I love you.’” Listen to “That’s What Makes Me Love You” [here](https://theregrettes.lnk.to/TWMMLY) and watch the music video [here](https://theregrettes.lnk.to/TWMMLYVideo).

Credit: Lissyelle Laricchia

The band today also confirm their 19 date *Further Joy* headlining tour (full dates below), with support from Alex Lahey on all dates. Tickets and VIP packages for the dates will go on sale [here](https://www.theregrettes.com/) on Friday, March 11 at 10am local time. The band are currently on their “Get The F\*ck Out of LA” tour. Additionally, the band has confirmed appearances at Coachella and Bonnaroo 2022. Tickets for these dates are available [here](https://www.theregrettes.com/).

As the pandemic set in and Los Angeles shut down, The Regrettes were having a full-blown identity crisis. Lydia had been touring since she was 12-years-old, meeting guitarist Genessa when they were just teens in music school, and formed a cohesive lineup with Brooke and Drew. They’d spent the past two years headlining sold-out shows across North America and Europe, performing at mainstay festivals like Coachella and Reading and Leeds and playing their hit singles on *Good Morning America*, *Conan*, and *Jimmy Kimmel Live!*. As *NME* said of their sophomore album, The Regrettes were “truly unstoppable” until the world shut down.

In January of 2021, after more than a year apart, The Regrettes reconvened for a 10-day writing retreat in Joshua Tree. They went on hikes, stargazed, transformed their living room into a disco, and had candid conversations, some of which made their way into songs. They left the desert with a vision for the record and demos in hand, slowly bringing it to life through zoom writing sessions, and working separately with producers Jacknife Lee and Tim Pagnotta. Although the subject matter is anything but light, Night still calls it the “poppiest, and danciest” album they’ve ever made.

The band were quick to get back on their feet, selling out a California underplay tour in 2021, confirming upcoming appearances at major US festivals including Bonnaroo and Coachella 2022, and releasing two songs, “You're So Fucking Pretty,” which Rolling Stone called “a brutally honest confessional ballad that captures The Regrettes’ effortless transformation from teenage punks into pop powerhouses,” and single “Monday,” which cracked the top 15 at alternative radio in advance of their forthcoming album *Further Joy*.

*Further Joy* is a step into the band’s next era, and it is their most actualized, collaborative, and vulnerable album to date. These new songs, written in Night’s singular voice and with vast influences including Pat Benatar, Blondie, and Gwen Stefani, touch on subjects such as anxiety and mental health, feeling lost in one’s own environment, and coming to terms with one’s sexuality. They are also about hope, embracing and standing up for your inner child. A lesson she hopes fans can take away from the album is that “we all deserve happiness and to be present, and we'll never get there if we feel so much shame and guilt for not being there already,” she adds. “Don't get caught constantly chasing joy.”

**The Regrettes- *Further Joy* Track Listing**

1. Anxieties (Out of Time)
2. Monday
3. That's What Makes Me Love You
4. Barely on My Mind
5. Subtleties (Never Giving Up On You)
6. La Di Da
7. Homesick
8. Better Now
9. Rosy
10. You're So Fucking Pretty
11. Step 9
12. Nowhere
13. Show Me You Want Me

**The Regrettes Current Tour Dates** (NEW *FURTHER JOY* DATES IN BOLD)
Mar 4 – Burlington, VT at Higher Ground\*
Mar 5 – Albany, NY at Empire Live\*
Mar 6 – Poughkeepsie, NY at The Chance\*
Mar 9 – Richmond, VA at The Broadberry\*
Mar 11 – Louisville, KY at Headliners Music Hall\*
Mar 13 – Cincinnati, OH at The Ballroom at Taft Theatre\*
Mar 15 – New Orleans, LA at Toulouse Theatre\*
Mar 16 – Houston, TX at Warehouse Live Studio\*
Mar 17 – San Antonio, TX at Paper Tiger\*
Mar 21 – Las Vegas, NV at 24 Oxford
Mar 22 – Fresno, CA at Strummer’s
Mar 24 – Eugene, OR at Sessions Music Hall
Mar 26 – Boise, ID at Treefort Music Festival
Mar 28 – Sacramento, CA at Ace of Spades
Apr 15 – Indio, CA at Coachella
Apr 18 – Pomona, CA at The Fox Theater Pomona^
Apr 21 – San Diego, CA at Humphreys Concerts By the Bay^
Apr 22 – Indio, CA at Coachella
**Apr 23 – Tucson, AZ at Rialto Theater+
Apr 26 – Austin, TX at Scoot Inn+
Apr 27 – Dallas, TX at Echo Lounge & Music Hall+**Apr 30 – Atlanta, GA Shaky Knees Festival
**May 1 – Charlotte, NC at The Underground+**
**May 3 – Washington DC at Lincoln Theatre+**
**May 4 – Philadelphia, PA at Theatre of Living Arts+**
**May 6 – Boston, MA at Big Night Live+**
**May 8 – New York, NY at Irving Plaza+**
**May 10 – Toronto, ON at Opera House+**
**May 12 – Columbus, OH at Newport Music Hall+**
**May 13 – Chicago, IL at Metro+**
**May 14 – Madison, WI at Majestic Theatre+**
**May 15 – Minneapolis, MN at Varsity Theater+**
**May 17 – Denver, CO at Summit Music Hall+**
**May 18 – Salt Lake City, UT at The Depot+**
**May 20 – Portland, OR at Roseland Ballroom+**
**May 21 – Vancouver, BC at Fortune Sound Club+**
**May 22 – Seattle, WA at The Neptune Theatre+**
**May 24 – San Francisco, CA at The Fillmore+**
Jun 17 – Manchester, TN at Bonnaroo Music & Arts Festival
Jul 01 – Rotselaar, BEL at Rock Werchter
Jul 03 – Bilbao, ESP at Bilbao Bizkaia Rock Day
Jul 06 – Madrid, ESP at Mad Cool Festival
Jul 08 – Glasgow, UK at TRNSMT Festival
Jul 09 – Cheltenham, UK at 2000trees Music Festival
Sep 22-25 – Dover, DE at Firefly Music Festival

\*support from Kississippi
^supporting Wallows
**+**support from Alex Lahey

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 **For more information, please contact Emilio Herce (emilio@qprime.com) or Mary Moyer (mary@qprime.com) at Q Prime, 212.302.9790.**