

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***

*How Do You Love?* is a catharsis that reminds us how human it is to love, to be afraid to love, to hurt, to fall apart, and to find the strength to rebuild again.... the results are goosebump-inducing.

***– Consequence of Sound***

Without losing the magnetic spark of the former, Night and co. have acutely refined their craft to ensure its longevity—there's no chance of this riot grrrl-esque group becoming a redundant thrill that fizzles out.

***– Nylon***

*How Do You Love?* is an enjoyably sweet and salty ride of being in love … a bigger, pop-rock sound that highlights Lydia’s rock-solid vocal abilities.

***– BUST***

If you haven’t already stanned The Regrettes, it’s time to start.

***– MTV***

The Regrettes are ready to administer another dose of percolating, guitar-fueled power-pop with their sophomore album, *How Do You Love?*

***– The AV Club***

18-year-old front-woman Lydia Night, displaying a depth beyond not only her years but mine and yours as well, poetically lays out the delightful affliction we define as love.

***– She Shreds Magazine***

How Do You Love? proves that Night and the Regrettes have figured out how to turn ebullient punk-pop into a sustainable source of energy.

***– AllMusic***

*How Do You Love?* harnesses the Regrettes’s infectious enthusiasm for their material to make the familiar sound new again.

***– Slant Magazine***

On her [Lydia Night] second album *How Do You Love?* she is craftier than rockers twice her age… Night’s still-maturing vocals are picking up even more of a raucous, Courtney Love vibe.

***– Newsday***

“How Do You Love?” is an early contender for album of the year.

***– Houston Chronicle***

[The Regrettes] produce punchy, tight, catchy songs that are emotionally compelling, a mix of those that are politically inspired as well as relatable teen-angst tunes.

***– Pittsburgh Tribune-Review***

Lydia Night, who serves as frontwoman for The Regrettes seems to have been predestined for a rock career.

***– Albany Times Union***

The Regrettes’ unforgiving attitude and their riot grrrl, pop, and classic rock musicianship that has always put them on the forefront of the scene.

***– Aquarian Weekly***

The Regrettes have in youth achieved what most musicians spend their entire lives trying to achieve.

***– Coachella Valley Independent***

If there’s a kind of signature rock-and-roll sound that Los Angeles inspires, it might be something like the sun-soaked, fuzzy garage-pop of The Regrettes.

***– Houston Public Media***

Their fresh-faced feminism is just what rock music needs more of these days, and their catchy, concise tales of female empowerment are delivered with enough melody and bravado to make this band one to watch.

***– Culture Map Houston***

It has undeniably been a huge couple of years for Los Angeles indie-punk band The Regrettes… *How Do You Love?* tackles Night's personal emotions head-on.

***– Tucson Weekly***