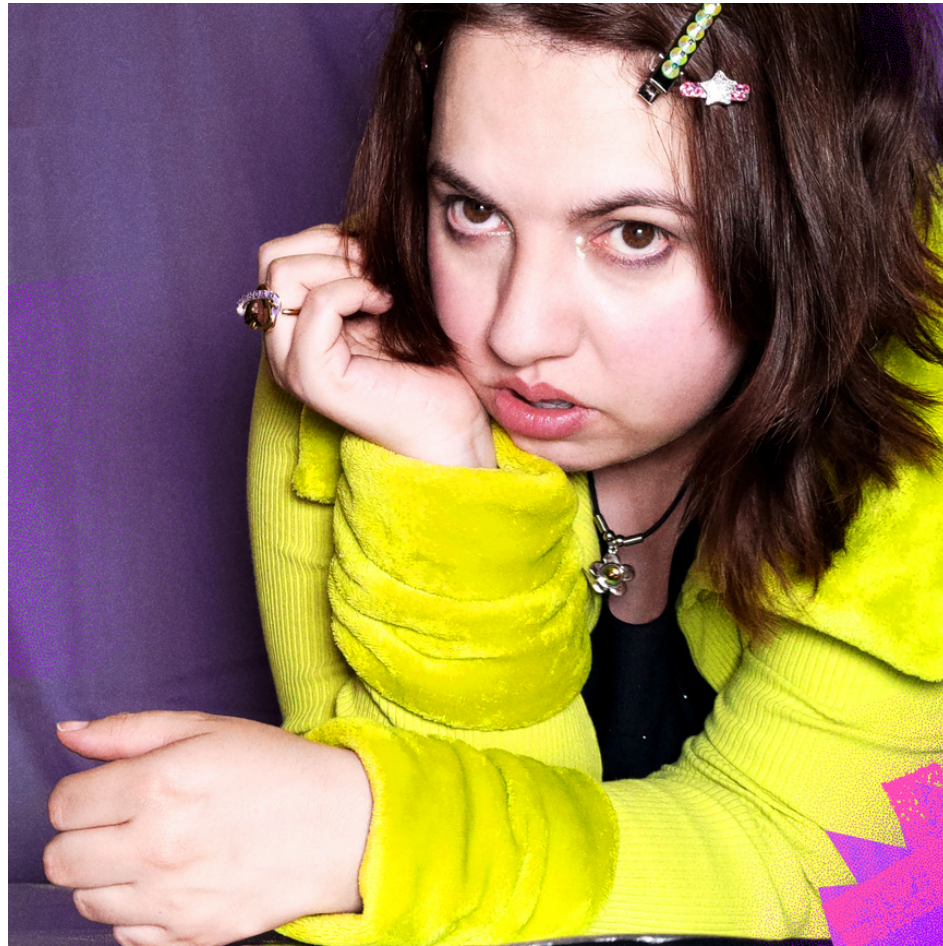


REGAN RELEASES NEW SINGLE "BREAK MYSELF", A SELF-ASSURED ANTHEM ABOUT REFUSING TO BE DIMINISHED



Milton Keynes-based artist and self-producing songwriter Regan returns with her second single, "Break Myself," out 8th July. Where her debut "Glitter Party" arrived with attitude and industry frustration, "Break Myself" turns that same defiance inward, more personal, more pointed.

Written about a group of people who treated her as disposable, and expected her to act like it, the track walks a careful line between acknowledging real hurt and refusing to be defined by it. The moment you stop needing people who never deserved you in the first place.

"It's a diss track, but its about confidence rather than bitterness. That moment you realise none of it can touch you any more."

Musically, "Break Myself" sits in the space between pop and R&B, with sharp, unafraid production that matches its lyrical tone. The song builds toward a middle eight that functions as its emotional turning point: go ahead and lie if you are so inclined / put you out my mind / exiled and unassigned / I am gonna shine while you get left behind. By the final chorus, the people who inspired it feel exactly as relevant as they deserve to, which is not very.

"Break Myself" is out on the 8th July on [Bandcamp](#), and all [major streaming platforms](#).