



Indie-pop singer and songwriter **Maddie Regent** unveils "[Miss Virgo](#)

," the final pre-release single from her highly anticipated **debut album, *On the phone with my mom*, out May 16th**. Alongside the single, she is also revealing the album's full 14-song tracklist.

A hypnotic blend of raw emotion and sonic exploration, "**Miss Virgo**" showcases Maddie's mesmerizing vocals floating over a cinematic, dreamlike soundscape. It's ethereal yet weighty, intimate yet expansive, with thoughtfully layered production that enhances her raw songwriting.

One of the album's most sonically adventurous tracks, "Miss Virgo" is also one of Maddie's most deeply personal songs to date. The song unpacks her struggles with body image and the formative time she spent in a recovery center at the age of 17, healing from an eating disorder — a chapter marked by both pain and profound connection.

At its heart, the song is a tribute to the unlikely sisterhood she found there. *"At first, I just wanted to go home, but I couldn't. So for a while, my world became that little cabin in the woods, and my family became this group of fiercely strong girls from every walk of life,"* she shares. *"We bonded over our mutual distrust of the nurses, our collective crush on the one male specialist, crocheting, and watching Pretty Little Liars. Although every day I was there I didn't want to be there, I really do have fond memories from that place, mostly because of the people I met."*

Originally hailing from Toronto and now living in New York City, Maddie Regent discovered songwriting as a form of catharsis at just 12 years old, using music as a powerful tool to navigate her anxieties and give voice to her innermost thoughts. Since her debut in 2021, she has released two beloved EPs, [MISS REGENT](#) and [Girl of Your Dreams](#)

, and has earned recognition from tastemakers like Atwood Magazine and EARMILK.

Working closely with her partner, producer and songwriter Cade Hoppe, Maddie has meticulously honed her craft, creating a sound that seamlessly marries infectious pop hooks with raw, unfiltered storytelling. As the release of *On the phone with my mom* approaches, 2025 is shaping up to be a defining year for Maddie Regent—one that cements her as an indie-pop artist to watch.

Listen to "Miss Virgo" on all streaming platforms:

<https://distrokid.com/hyperfollow/maddieregent/miss-virgo>

Pre-save Maddie Regent's debut album, *On the phone with my mom*, out May 16th:

<https://distrokid.com/hyperfollow/maddieregent/on-the-phone-with-my-mom>

***On the phone with my mom* Tracklist:**

1. On the phone with my mom
2. Any day now
3. Sleepwalking
4. Turtleneck
5. Cutie
6. Miss Virgo
7. Other girls
8. The other shoe
9. Fountain of youth / man is a knife
10. The wolf
11. Girl inside my head
12. You could break my heart
13. Black sheep
14. Goodnight



Photo Credit: Anna Koblish
Artwork: Ashley Adams