

Form 144 Filer Information	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549
FORM 144	Form 144  NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0001845413
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST
Submission Contact Information	
Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	AllianceBernstein Holding L.P.
SEC File Number	001-09818
Address of Issuer	501 Commerce Street Nashville TENNESSEE 37203
Phone	2129691429
Name of Person for Whose Account the Securities are To Be Sold	Karl Sprules

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Officer
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144: Securities Information

Title of the Class of Securities To Be Sold	Units rep assignments of ben owner of lp interests in AB Holding
Name and Address of the Broker	Sanford C. Bernstein & Co, LLC 1345 Ave of the Americas New York NY 10105
Number of Shares or Other Units To Be Sold	77000
Aggregate Market Value	3042270
Number of Shares or Other Units Outstanding	100401044
Approximate Date of Sale	12/14/2022
Name the Securities Exchange	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Units rep assignments of ben owner of lp interests in AB Holding
Date you Acquired	04/24/2018
Nature of Acquisition Transaction	employee compensation

Name of Person from Whom Acquired	<a href="#">Issuer</a>		
Is this a Gift?	 Checkbox not checked	Date Donor Acquired	
Amount of Securities Acquired	<a href="#">147000</a>		
Date of Payment	<a href="#">04/24/2018</a>		
Nature of Payment	<a href="#">not applicable</a>		

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Nothing to Report	<input checked="" type="checkbox"/>
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## 144: Remarks and Signature

Remarks	
Date of Notice	<a href="#">12/14/2022</a>

### ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	<a href="#">/s/ Karl Sprules</a>
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**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**