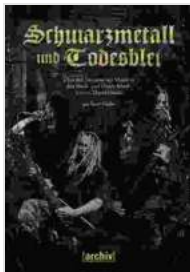


# Anger Is an Energy: My Life Uncensored

**Chelsea Handler's candid memoir is a must-read for fans of her comedy and anyone who has ever struggled with anger.**

In *Anger Is an Energy*, Chelsea Handler chronicles her life from her childhood in New Jersey to her rise to fame as a comedian and talk show host. She writes candidly about her struggles with anger, addiction, and relationships. Handler's humor and wit are on full display in this memoir, but she also doesn't shy away from the darker moments of her life.



## Anger Is an Energy: My Life Uncensored by Sarah Chaker

★★★★★ 5 out of 5

Language	: English
File size	: 10309 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 544 pages
Screen Reader	: Supported



Handler's memoir is a reminder that even the most successful people have struggles. She writes about her own mental health issues, including depression and anxiety. She also talks about her addiction to alcohol and drugs. Handler's story is a cautionary tale about the dangers of addiction, but it is also a story of hope and recovery.

Anger Is an Energy is a must-read for fans of Chelsea Handler's comedy. It is also a powerful memoir that will resonate with anyone who has ever struggled with anger or addiction.

### **In Anger Is an Energy, Chelsea Handler writes about:**

- Her childhood in New Jersey
- Her rise to fame as a comedian and talk show host
- Her struggles with anger, addiction, and relationships
- Her mental health issues, including depression and anxiety
- Her addiction to alcohol and drugs
- Her recovery from addiction

### **Praise for Anger Is an Energy:**

"Chelsea Handler is a force of nature. Her humor is sharp, her wit is quick, and her honesty is disarming. In *Anger Is an Energy*, she shares her life story with candor and courage. This memoir is a must-read for anyone who has ever struggled with anger or addiction."

#### **— *The New York Times***

"Chelsea Handler is one of the funniest people on the planet. But she's also a survivor. In *Anger Is an Energy*, she tells her story with honesty and humor. This memoir is a must-read for anyone who has ever been knocked down and gotten back up again."

#### **— *The Washington Post***

"Chelsea Handler is a national treasure. She's funny, smart, and she's not afraid to tell it like it is. In *Anger Is an Energy*, she shares her life story with candor and wit. This memoir is a must-read for anyone who wants to laugh, learn, and be inspired."

— **Entertainment Weekly**

**Free Download your copy of *Anger Is an Energy* today!**



### **Anger Is an Energy: My Life Uncensored** by Sarah Chaker

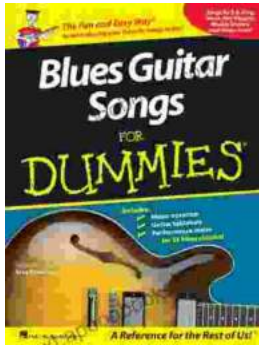
★★★★★ 5 out of 5

- Language : English
- File size : 10309 KB
- Text-to-Speech : Enabled
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 544 pages
- Screen Reader : Supported



### **Unveiling the Treasures of Greece: Your Essential Travel Guide**

A Journey Through Time and Wonder Prepare to be captivated as you delve into the pages of our Greece travel guide, your trusted...



## Unleash the Blues Spirit: Dive into "Blues Guitar Songs For Dummies" for an Electrifying Journey

The captivating allure of the blues has mesmerized music enthusiasts for generations, capturing the raw emotions of the human experience. If you're yearning to ignite your own...