

# Are You There Vodka? It's Me, Chelsea: A Journey of Sobriety, Self-Discovery, and Overcoming Addiction

In her new memoir, **Are You There Vodka? It's Me, Chelsea**, Chelsea Handler opens up about her struggles with alcohol addiction and her journey to sobriety. The book is a raw and honest account of Handler's life, from her childhood to her rise to fame as a comedian and talk show host. Handler writes about the toll that alcohol addiction took on her relationships, her career, and her health. She also shares the tools and strategies that she used to overcome her addiction and build a sober life.



## Are You There, Vodka? It's Me, Chelsea by Chelsea Handler

★★★★☆ 4.3 out of 5

Language : English  
File size : 2344 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 275 pages



Handler's memoir is a powerful and inspiring story of recovery. It is a must-read for anyone who has struggled with addiction or who knows someone who is struggling. Handler's honesty and humor make her story both relatable and entertaining. She shows us that it is possible to overcome addiction and live a happy, healthy life.

## **Chelsea Handler's Journey to Sobriety**

Chelsea Handler's journey to sobriety began in 2019, when she decided to take a break from drinking alcohol. Handler had been drinking heavily for many years, and she was starting to feel the negative effects on her health and her life. She was constantly tired, her anxiety was out of control, and her relationships were suffering.

Handler decided to take a break from drinking for a month, and she was surprised by how much better she felt. She had more energy, her anxiety decreased, and her relationships improved. After a month, Handler decided to continue her sobriety, and she has been sober ever since.

Handler's sobriety has had a profound impact on her life. She is now healthier, happier, and more productive. She has also found new passions, such as writing and philanthropy. Handler is now an advocate for sobriety, and she uses her platform to help others who are struggling with addiction.

## **The Tools and Strategies That Chelsea Handler Used to Overcome Addiction**

In her memoir, Handler shares the tools and strategies that she used to overcome her addiction. These tools and strategies include:

- **Therapy:** Handler worked with a therapist to understand the underlying causes of her addiction and to develop coping mechanisms.
- **Support groups:** Handler attended support groups, such as Alcoholics Anonymous, to connect with other people who were struggling with addiction.

- **Mindfulness:** Handler practiced mindfulness meditation to help her stay present and to manage her cravings.
- **Exercise:** Handler started exercising regularly to improve her physical and mental health.
- **Healthy eating:** Handler adopted a healthy diet to nourish her body and mind.

Handler also emphasizes the importance of self-care and self-love in recovery. She says that it is important to be gentle with yourself and to forgive yourself for your mistakes. She also says that it is important to find things that you enjoy and that make you happy.

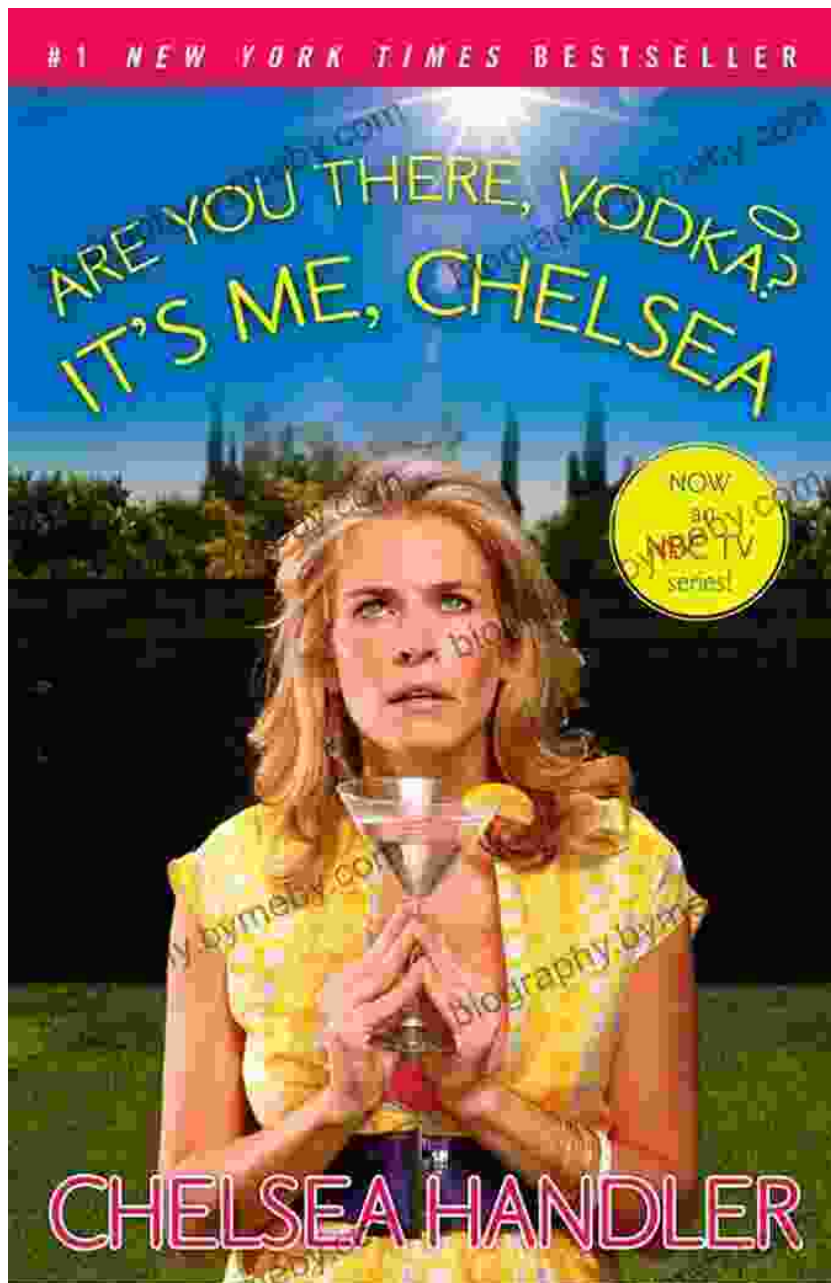
## **The Benefits of Sobriety**

Sobriety has had a profound impact on Chelsea Handler's life. She is now healthier, happier, and more productive. She has also found new passions, such as writing and philanthropy. Handler is now an advocate for sobriety, and she uses her platform to help others who are struggling with addiction.

The benefits of sobriety are numerous. Sobriety can help you to improve your physical and mental health, your relationships, and your career. Sobriety can also help you to find new passions and to live a more fulfilling life.

If you are struggling with addiction, know that you are not alone. There are many people who have overcome addiction and gone on to live happy, healthy lives. Chelsea Handler's memoir is a powerful and inspiring story of recovery. It is a must-read for anyone who is struggling with addiction or who knows someone who is struggling.

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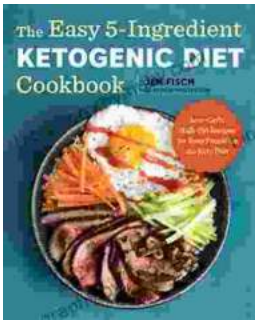
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