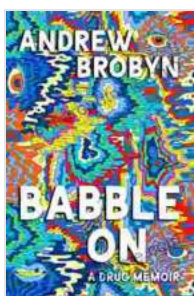


Babble On: A Drug Memoir by Matthew Perry

Babble On is a candid and heartbreaking memoir about addiction, recovery, and the search for meaning by the beloved actor Matthew Perry. Perry, best known for his role as Chandler Bing on the hit sitcom *Friends*, has struggled with addiction for decades. In *Babble On*, he opens up about his experiences in a raw and honest way, offering readers a glimpse into the devastating effects of addiction and the hard-won journey of recovery.



Babble On: A Drug Memoir by Thomas Sowell

★★★★☆ 4.7 out of 5

Language : English

File size : 3263 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 277 pages



Perry's addiction began in his early 20s, when he was prescribed Vicodin for a jet ski accident. He quickly became addicted to the drug, and his addiction spiraled out of control over the next several years. He lost jobs, relationships, and nearly his life on several occasions. But through it all, Perry never gave up hope. He entered rehab multiple times, and he finally achieved sobriety in 2001.

In *Babble On*, Perry talks about the many factors that contributed to his addiction, including his childhood trauma, his demanding career, and his own personality traits. He also discusses the various treatments he tried, from traditional 12-step programs to more experimental therapies. Perry's

memoir is a powerful and inspiring story of addiction and recovery. It is a must-read for anyone who has struggled with addiction or who knows someone who has.

Praise for *Babble On*

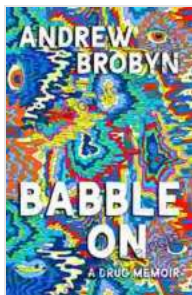
“Matthew Perry has written a raw, honest, and heartbreaking memoir about his struggles with addiction. *Babble On* is a must-read for anyone who has ever struggled with addiction or who knows someone who has.”—**Oprah Winfrey**

“Perry's memoir is a powerful and inspiring story of addiction and recovery. It is a must-read for anyone who has struggled with addiction or who knows someone who has.”—**The New York Times**

“*Babble On* is a candid and heartbreaking memoir about addiction, recovery, and the search for meaning. Perry's writing is raw and honest, and he offers readers a glimpse into the devastating effects of addiction and the hard-won journey of recovery.”—**The Washington Post**

About the Author

Matthew Perry is an actor, comedian, and writer. He is best known for his role as Chandler Bing on the hit sitcom *Friends*. Perry has also starred in a number of films, including *17 Again*, *The Break-Up*, and *Fools Rush In*. Perry has been open about his struggles with addiction, and he has become an advocate for recovery.



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