

THE RAGE CLUB MANIFESTO

For women who refuse to be quiet

We are done shrinking.

We are done smoothing our edges, softening our voices, and apologizing for the space we take up.

We are done pretending that anger is something to hide, swallow, or smile through.

We are not broken.

We are not “too much.”

We are not dramatic, unstable, hormonal, or unprofessional.

We are human — and humans feel things loudly.

We believe in the power of a scream released at the right moment.

We believe in humor as survival, community as oxygen, and carbs as emotional infrastructure. We believe in Thursday nights, in showing up messy, and in telling the truth even when our voices shake.

We honor the women who taught us how to endure.

We honor the women who taught us how to rebel.

We honor the women who are still learning how to hear their own voices again.

We choose connection over silence. We choose honesty over politeness.

We choose each other.

Rage is not the enemy. Isolation is.

So here, in this circle — in this kitchen, in this parking lot, in this book, in this life — we make a promise:

To stop apologizing for our anger.

To stop disappearing ourselves.

To stop carrying everything alone.

We will scream when we need to. We will laugh when we can. We will take up space because we deserve to exist in full volume.

This is Rage Club.

This is our manifesto.

And we're just getting started.