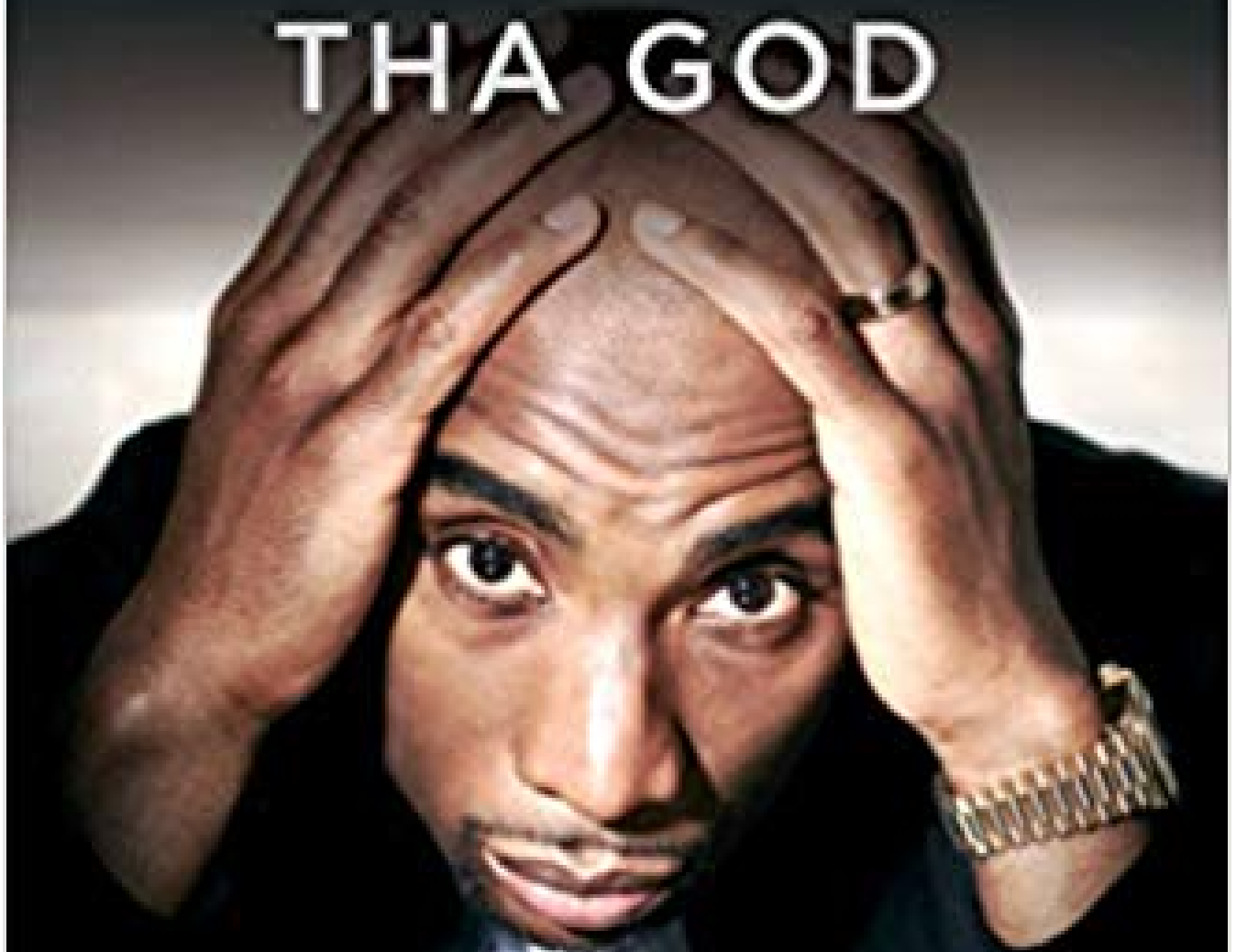


*NEW YORK TIMES* bestselling author of *BLACK PRIVILEGE*

# CHARLAMAGNE THA GOD



# SHOOK ONE

*ANXIETY PLAYING TRICKS ON ME*

Charlamagne Tha God

## Shook One: Anxiety Playing Tricks on Me



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Charlamagne Tha God, New York Times bestselling writer of *Dark Privilege* and always provocative cohost of *Power 105*. Through therapy, he's *The Breakfast Golf club*, reveals his blueprint for breaking clear of your fears and anxieties. It serves the same purpose any more. It's time and energy to turn the tables and channel your fears to really fuel your success. Becoming "While it might seem like he's prior to the game, he's actually plagued by anxieties, like the concern with losing his roots, worries of being a bad dad, and the fear of being an awful husband. is more than a rap lyric for Charlamagne, it's Right now, in *Shook One*, he is working through these problems—shook" *Shook One* chronicles his trip to defeat those fears and shows a route that you too can take to overcome the anxieties that may be keeping you back again. Ironically, Charlamagne's fear of failing—of falling into the life of stagnation or crime that caught up so a lot of his family and friends in his hometown of Moncks Corner—I understand bad things remain going to happen to me. However, even after achieving national prominence as a radio character, Charlamagne still found himself paralyzed by stress and anxiety and distrust. his objective to overcome. many of which he traces back again to cultural PTSD—with help from mentors, friends, and therapy. Becoming anxious doesn't Fear is holding you back again. I's figuring out how to get over the irrational fears that won't take him anywhere positive. likely to be on things that bless. t you place that same work and energy into obtaining mentally strong? Therapy and showing weakness are not always easy topics, but if you go to the gym 3 or 4 times a week, why can' "has been the gasoline which has propelled him to success. Moving forward, its't even conceive of today are still going to trip me personally up every once in awhile down the road. Cops are still going to draw me over for no cause. I'm still going to worry about my children. The anxieties are never fully going to disappear completely. During the past, my focus was often on things that cause stress. Struggles that I can' Charlamagne hopes *Shook You* can be a call to action: Getting help is your right."



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Five stars I really like this book! It was highly informative and the reader with many lifestyle lessons. After scanning this book, you'll think differently and handle stress and stressful situations better. I definitely plan on reading this book again to try to gain more. Great read Currently reading . If you listen to the Breakfast Club, the Brilliant Idiots Podcast or browse his first publication you have heard him speak about most of the things in the publication already, nonetheless it was great to get the clinical information from each experience from the book. I liked the 1st book but after listening to about 50% of this book I noticed that I had been anxious the entire time. He touches on the basics of mental wellness, how it results in him, and how others can be affected, but it's a boring examine. After trying to get thru it for a month & continuously losing interest, I'll just move on.. Super inspiring and VERY real. Idk I'm conflicted. Disappointed This book is disappointing especially after loving his first book. I don't anticipate completing the audiobook. Respect is important regardless of what. NO! Wonderful, Informative Book We finally finished it, and I thoroughly enjoyed this publication!!!! Very real. Great Read for people of the Culture! Like book so far Real and hilarious!. Mediocre wanted to love it but it just wasn't it. Good book Good book Language was not appropriate from just me on November 30, 2018 New Language Lesson FOR CERTAIN I purchased this as something special. The language is indeed bad (hood--Street-gutter language. Vulgar Bought this book to help an adolescent with PTSD. I flipped through the publication to find if it had been better after the first page. Great clean new publication ! A book should be created for everyone, those that does not utilize the F word in every sentence!! I do not like the aged slang for his competition. Its was new exactly like described!) I am returning it and refuse to provide it to anyone. This book has so many cuss terms, vulgar intimate sentences, I am returning the book. That is not at all written for young people with anxiety.! Explicit foul language, sexually explicit I bought this for help with my own anxiety issues. It gave me more anxiety. I returned it to Amazon. This has explicit foul vocabulary and he shared pornographic aspects of his sex life. I would NOT recommend it.



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