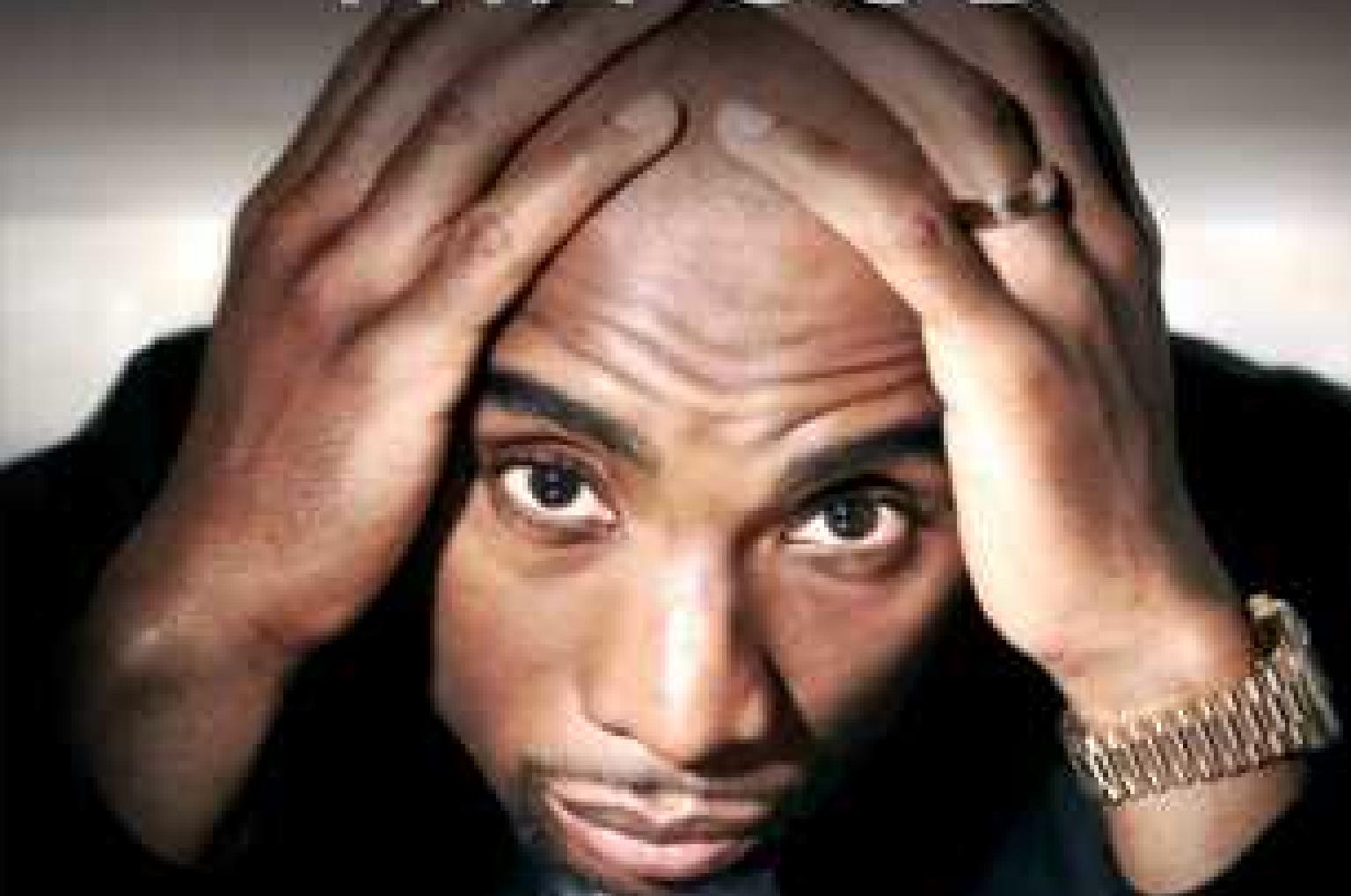


NEW YORK TIMES bestselling author of BLACK PRIVILEGE

CHARLAMAGNE THA GOD



SHOOK ONE

ANXIETY PLAYING TRICKS ON ME

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Author : Charlamagne Tha God Pages : 288 pages

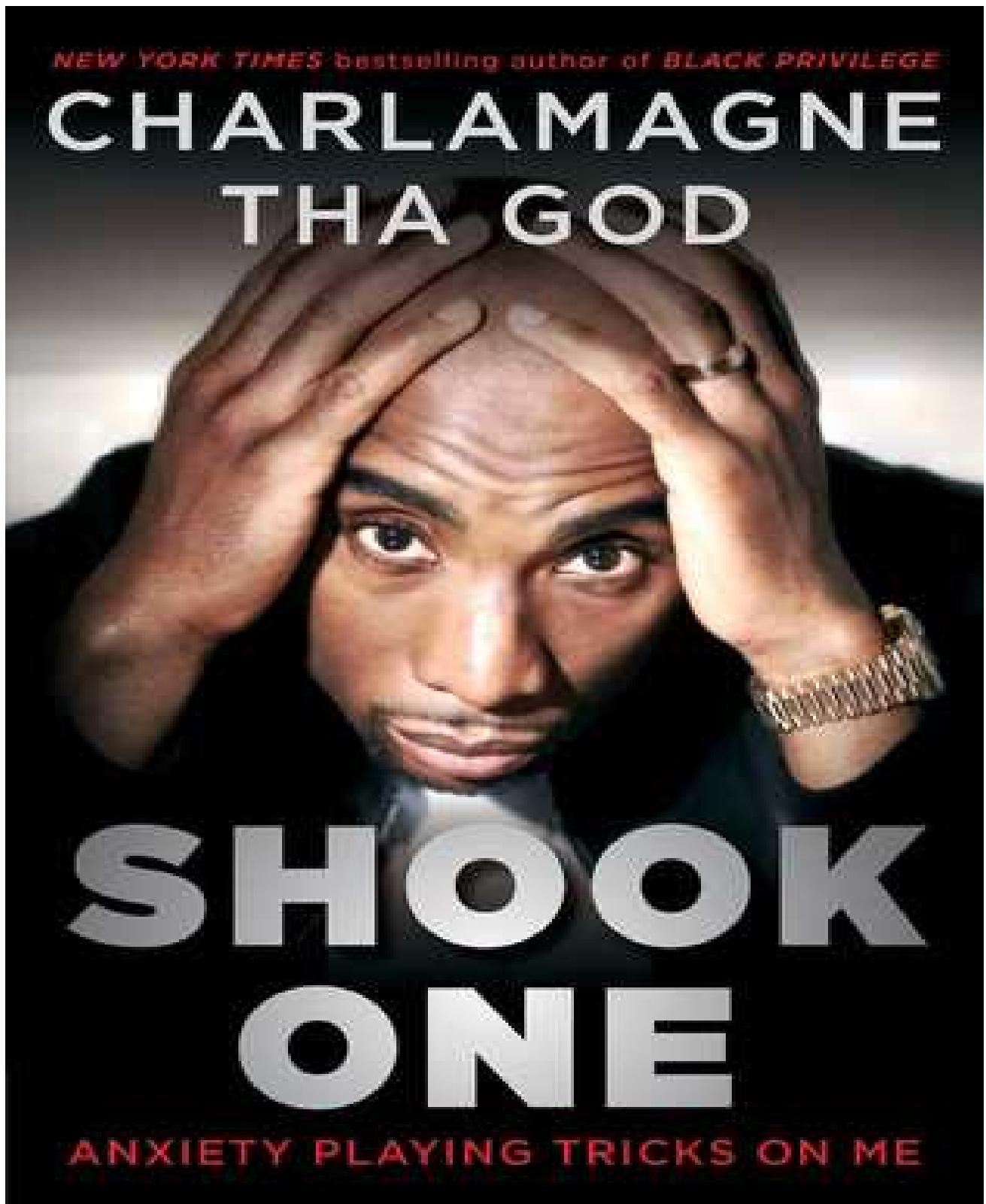
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Synopsis book

Charlamagne Tha God, New York Times bestselling author of Black Privilege and cohost of Power 105.1s The Breakfast Club, reveals his blueprint for breaking free from your fears and anxiety to reach that elusive next level of success. Fear is holding you back. Its time to turn the tables and channel your fears to actually fuel your success. Being shook is more than a rap lyric for Charlamagne, its his mission to overcome. While it may seem like he is ahead of the game and should have nothing to worry about, he is still plagued by anxieties fear of being weak; fear of being a bad dad; fear of being a worse husband; and ultimately, fear of failure. Shook One chronicles his journey to beat back those fears and empowers you to no longer be held back from your potential. Shook One details the ways anxiety has been a driving force in Charlamagnes life since childhood. For many years, he stressed over what he thought were personal shortcomings: being unpopular in school, potential

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