

# Why are you Choosing to Stay Stuck? - with Maria Sh

*author:*



2026-06

## Synopsis

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I have a special guest on the podcast on this week to talk to those of you who are living in the spot that they do not want to be in in life, and they want something more. What are you doing about that? Are you staying stuck or are you making some changes to get where you want to be. Please welcome Mrs. Maria Shelton to the podcast! It's Rehab Time. Let's Get It. -- My book Straight Up came out last summer, and it's available NOW! All you have to do is go to [straightupbook.com](http://straightupbook.com) and get your guaranteed copy. If you love my videos, if you love this podcast, I promise you you're going to love this book. And, this book is not just for adults; it's for everyone, including young people! If you sign up to preorder Straight Up, you will get a ton of cool incentives, including exclusive video content from me! Tag me on social media with your preorders. Who knows? I might even give you something in the DM :)

## Reader's comments

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