



*Kimberly Riggins*

Body Love Expert

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### **Book Summary of *Love Your Naked Ass***

*Love Your Naked Ass* is a heartfelt guide intended to inspire women, to evoke change and to stir up the confidence to get them into action.

In this gentle, thought-provoking book, readers will discover easy-to-implement actions that can literally change the way they feel and think about themselves. They will be able to recognize that happiness comes from within and when they release old thought patterns and give themselves a good ole fashioned dose of self-love, anything is possible.

- If you're sick and tired of hating your body and want a healthier relationship with it, this book will give you small, do-able action steps that can have you loving your booty in no time.
- If you're willing to acknowledge your negative thoughts and why they are causing you pain, this book will show you how to release those thoughts so you no longer feel stuck and at the same time increase your self-esteem and your confidence.
- If you're ready to take your personal power back and stop playing the victim, this book will inspire you to take charge of your life and make things happen.

*Love Your Naked Ass* is the next best thing to Kimberly holding your hand. She is there supporting you, loving you and cheering you on to live the best life possible.

“Life is too short to not be happy. Holding on to our negative thoughts, all those body hang-ups, the need to be perfect and the dwelling feeling that we are not good enough is just not serving us...it's killing us and it has to change,” explains Kimberly.

Packed full of simple, yet powerful wisdom, *Love Your Naked Ass* can help any women transform her life, restore her serenity and rediscover the happiness that is rightfully hers.

*Love Your Naked Ass* is broken down into eight sections, including body image, perfection, self-esteem, confidence, love, positive thinking, life/attitude and acceptance. Within each section are ten gentle ways which contain an inspirational quote, honest, yet enlightening commentary and a gentle action step that can evoke change or inspire a shift that can literally change the course of a woman's life.