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## LOVE YOUR NAKED ASS

*New Book Inspires Women to Let Go of Their Body Hang-Ups, Release Their Negative Thoughts and to Take Back Their Personal Power So They Can Live the Pleasurable Life They Deserve*

Most women hate their bodies and have nonstop negative thoughts bombarding them on a daily basis. Not loving the skin they're in and listening to the never-ending critical commentary in their head is a surefire way to not only sabotage their happiness but keep them stuck and stagnant, resulting in a vicious cycle of feeling never "good enough."

In ***Love Your Naked Ass: 80 Gentle Ways to Transform Your Life, Restore Your Serenity & Rediscover Happiness*** (The Naked Book Press, December 5, 2011), body image expert and author Kimberly Riggins shows women how shifting from a place of self-loathing to self-love and taking small, easy-to-implement actions on a daily basis can have profound effects on how they feel and think about themselves. "I want to bring you some inspiration through the power of words and give you some simple, gentle, action steps that can assist you in changing the way you feel about yourself," says Kimberly. "I want you to love yourself for who you are. It doesn't matter how tall or small you are, what you weigh or what size clothes you wear. It's about embracing all of who you are, inside and out, accepting it and relying on your inner power to propel you forward to greatness."

This thought-provoking guide is broken down into eight sections including body image, perfection, self-esteem, confidence, love, positive thinking, life/attitude and acceptance. In each section, there are ten opportunities to make a small shift toward self-love and self-realization. Each lesson contains an inspiring quote, some straight-shooting love from Kimberly and a challenge to move you forward on your journey.

Kimberly doesn't believe in just thinking about changing, she believes in taking inspired actions that can often have immediate results. Her practical, no-nonsense style can help if women are ready to:

- Embrace their raw feminine beauty just as it is so they no longer need to hide behind baggy clothes or mirror-less rooms.
- To explore ways to release their negative thoughts so they can stop causing themselves stress and pain that keep them stagnant and stuck.
- Let go the need to be perfect and finally live a life of unexpected, joyful moments that result in a life they would be happy to call their own.
- Reconnect with their personal power so they will never have to feel "not smart enough, good enough or pretty enough" again.

Kimberly Riggins, founder and creator of The Art of Eating Chocolate Naked, is a recovering body-hating perfectionist who has learned the power of providing her own happiness by giving herself daily doses of self-love. With her background in psychology combined with her degree in nutrition and her extensive knowledge in health and fitness, she has proved be a source of insight and inspiration to women worldwide. For more information, visit <http://www.kimberlyriggins.com>.

**Love Your Naked Ass**  
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