



Kimberly Riggins

Body Love Expert

author | coach | self-talk warrior

SHORT BIO:

Kimberly Riggins is a body image expert, negative self-talk warrior and an inspirational catalyst who inspires women to let go of their body hang-ups, kick their inner critical bitch to the curb and release their inner vixen. She is the founder and CEO of *The Art of Eating Chocolate Naked* (www.kimberlyriggins.com), creator and facilitator of *The Love Your Naked Ass Warrior Series* (www.nakedasswarrior.com), and the creatrix of *Release Your Inner Vixen* (www.releaseyourinnervixen.com). Kimberly's first book, *Love Your Naked Ass: 80 Gentle Ways to Transform Your Life, Restore Your Serenity & Rediscover Happiness* (www.loveyournakedass.com) is scheduled to be released December 5, 2011, published under The Naked Book Press. She lives in Pennsylvania with her family and their two Yorkshire terriers. Visit www.eatchocolatenaked.com to receive Kimberly's revolutionary Mirror Mantra and Body Love Kit for free!

LONG BIO:

Kimberly Riggins is a dynamic, outspoken, health and wellness coach who is the founder and creator of *The Art of Eating Chocolate Naked* (www.kimberlyriggins.com). Her mission is to help all women, including you, learn to nourish their bellies, love their bodies and accept themselves. She is also determined to eradicate negative self-talk everywhere and of course, to accomplish this with a small side of kick-ass fun.

Her ideas may be a little outside of the box but she has tried them all and is a true believer in their success. As a teenager, Kimberly was a body-hating, insecure girl who ended up suffering from anorexia. Today she is a body-confident, sassy, sensual woman who embraces her flaws and uses them to her advantage.

Her credentials speak for themselves. She is a Board Certified Holistic Health and Wellness Counselor and Coach, accredited with the American Association of Drugless Practitioners (AADP). She holds a Bachelor of Science in Psychology, a Master of Science in Holistic Nutrition and has been certified as a Personal Trainer and Fitness Instructor.

Her first book, *Love Your Naked Ass: 80 Gentle Ways to Transform Your Life, Restore Your Serenity & Rediscover Happiness* (www.loveyournakedass.com) is scheduled to be released December 5, 2011, published under The Naked Book Press. Kimberly also founded and facilitates *The Love Your Naked*

Ass Warrior Series (www.nakedasswarrior.com), monthly teleclasses that feature inspiring female luminaries who are defying the social norm in unconventional ways and is the creatrix of the program *Release Your Inner Vixen* (www.releaseyourinnervixen.com) which is an online class that teaches women to harness the power of pleasure to ignite their sexy, create sizzling relationships and infuse more fun into their lives, with or without a man. She is currently brainstorming new ideas for her next book involving sensuality.

When she is not trying to change the world's views on beauty and body image, she is relaxing at home in Pennsylvania indulging in her two favorite foods, dark chocolate and wine, with her family and their Yorkshire terriers, Zoe and Fritz.

For more information about Kimberly, go to www.KimberlyRiggins.com.