



80 Gentle Ways to
Transform Your Life,
Restore Your Serenity
& Rediscover Happiness

Love YOUR
NAKED
ASS

Kimberly Riggins

Love Your Naked Ass

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The Naked Book Press

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Introduction

It was February 14th. Valentine's Day. The day most of us celebrate love. For me, that particular year, it was doom's day.

The day I had to admit that I indeed had a problem and I needed serious help.

Rewind three years earlier

I was a "normal," happy young woman who honestly had the world at my feet (although I didn't realize it then). I was a straight A student, a member of The National Honor Society, a basketball player, a track member, a gifted writer (at least according to my English teacher) and an all-around socially accepted, pretty girl.

Until one fateful blustery-cold winter evening.

It started out like any other night. Hanging out with friends, visiting with my then boyfriend, laughing, joking and carrying on like most young adults do.

But that night my life changed forever.

Sitting in the bathroom crying hysterically, with mascara running down my face, after surviving a date rape, I saw someone in the mirror looking back at me, I barely recognized. And whom I knew I was going to loathe.

A couple of days later, after laying on my bedroom floor, unwilling to get up, barely functioning, I picked myself back up, put a smile on my face and pretended nothing happened.

On the outside, I was the same Kimberly I was the day before that horrid night happened but on the inside I was living in my own

version of hell and I was literally beginning to rage the biggest war on my body and my mind I could possibly create.

If I wasn't beating myself up mentally, making sure I felt unworthy, unloved and undesirable, then I was abusing myself physically. Starving my 5'8" frame till it barely existed at all and exercising it into a numb state where I could barely feel anything at all.

And believe it or not, I did this to myself for over three years.

The Lessons

It's been almost 16 years since that happened. I have healed from my eating disorder, overcome my depression and renewed healthier, more sustainable habits. I must admit, my journey wasn't easy but I wouldn't trade it for anything in the world. Because of this process, I have learned some very valuable lessons.

1. It is crucial to love your body. Your life depends on it. Your happiness relies on it.
2. Striving to be a perfectionist only makes things worse and it causes unnecessary stress.
3. You must value yourself because if you don't, no one else will.
4. You have a choice whether you allow your fear to keep you stuck or push you forward.
5. When you can love yourself wholeheartedly and completely, you have the ability to be authentically you, without any apologies.
6. You decide how you are going to show up each and every day in the world. YOU determine your own happiness.
7. What you give out to the Universe, you always get back.
8. When you accept yourself just as you are, you can live from a place of constant pleasure.

So, I decided that I wanted to share the wisdom I learned with the world. And since I have always enjoyed writing, I felt the best way to inspire you was by writing a book.

The Book

Enter *“Love Your Naked Ass: 80 Gentle Ways to Transform Your Life, Restore Your Serenity & Rediscover Happiness.”*

This book has certainly been a labor of love. It is truly a heartfelt guide to inspire, evoke change and stir up the confidence to get you into action in every area of your life that you find yourself unsatisfied with.

Truth be told, your life is already magnificent. If you don't think so, it's because you need to adjust the lens you are looking at your life through. I can help.

*(**This introduction was written exclusively for this sample excerpt.**)*

How to Use This Book

On each page of this book, you will find an inspiring quote, some commentary, and an action step. Each action step has the power to initiate a change—in how you feel about yourself, how you handle a specific situation, or how you interact with others.

The quotes, comments, and action steps are not meant to cure you but rather inspire you in whatever way you need. You don't need to read the book in order. Choose a quote that speaks to you and follow through with the action step. The action steps may require you to do something or to write or to simply reflect.

The supplies you will need for this journey to make it most effective are easy to find: a journal and your favorite pen.

Just remember, taking any step, even a baby step, has the power to move you forward.

Enjoy the journey!

Body Image

Body image is how you see yourself and how you believe others perceive you. It is also how you feel in your body and about your body.

How you view your body can influence your psyche, your self-esteem, and your behavior. It can make you feel awful in your own skin, and it can directly affect your mood.

If you are constantly trying to remake or reshape your body, you may start to feel insecure and could lose confidence in yourself. This behavior affects every area of your life and especially your sexuality, your relationships, and your career.

When you consider yourself valuable
you will take care of yourself
in all ways that are necessary.

~ **M. Scott Peck**

Put Yourself First

I understand how difficult it is to put yourself first, especially if you have loved ones that count on you. It is so easy to push your wants and needs to the side while you are trying to take care of everyone and everything else.

But who really suffers here? You! When you put everyone else's needs and wants before your own, it is your health and well-being that is compromised.

Action Step:

Stop neglecting yourself. Set aside at least 10-15 minutes each and every day to do something that fills you up, provides you with energy, or makes you feel more like you.

Make this time a standing, non-negotiable appointment. Start small. Take a candlelit bath, play in your garden, meditate, take a walk, enjoy a yoga class, dance around the room, paint, draw, or stop and close your eyes and take a couple of deep, cleansing breaths.

It doesn't matter what you do with this time, as long as you use it to nurture yourself. The more you put yourself first, the more energy and stamina you will have to take care of everyone else.

Outside show is a poor substitute
for inner worth.

~ Aesop

Go Au Natural

I know how much pressure there is to look good and to fit in. The media (TV, internet, magazines) is constantly bombarding us with images of what “beauty” should look like, how we should dress, what makeup or product we should use, and what we should eat or drink to maintain their standards.

But the truth is, at the end of the day when your makeup is wiped away and your designer clothes are put back on the hangers, all you have left is...you.

Why not embrace yourself just as you are? Let your natural beauty shine through.

Action Step:

For one day, go natural. Forgo the makeup and wear clothes that you feel wonderful in. Choose garments that feel amazing against your skin, are comfortable and cozy but do not look frumpy. (Hint: no baggy sweatshirts or pants.)

Now go about your day, but for today, I want you to carry yourself as if you are the most beautiful creature on the planet, both inside and out. Because you are.

Before you retire for the night, grab your journal and reflect on how going natural made you feel.

Though we travel the world over to
find the beautiful, we must carry
it with us or we find it not.

~ **Ralph Waldo Emerson**

Stop Searching

We have all searched for the next promising product that will make us feel more beautiful...the new lipstick...the new designer jeans...the new face cream that is guaranteed to make wrinkles disappear. But if we can't look at ourselves "naked" and find beauty, none of the things we try will make us happy.

Products can't change who you are as a person. They may be able to enhance your appearance but they can never penetrate your inner beauty. Only you have the power to let that shine.

Action Step:

The next time you are getting ready to buy the latest, greatest beauty product, say no. Use your money on something else. Instead give yourself the greatest gift you could ever give yourself: self-love.

Perhaps you could luxuriate in a warm drawn bath, sipping a glass of wine, reading your favorite novel. Or maybe you could turn on some music and sway to the beat like no one is watching.

You could call a girlfriend you have wanted to chat with for months, go on a ME date and enjoy a nice quiet meal without any distractions or grab your favorite nail polish color, and after massaging your feet with lotion, paint your toes (or better yet, let someone else do that for you).

Everything has its beauty, but not
everyone sees it.

~ Confucius

Learn to See Beauty

When you learn to see beauty in everything, you will also see beauty in yourself.

The little bird on your windowsill that wakes you up in the morning, the smell of fresh cut grass, the scent of freshly cut flowers, the roaring sound of the wind right before a storm...

Notice everything...take it all in.

Admire and cherish your surroundings. I promise if you can accomplish this, you will start to see yourself in a whole different light.

Action Step:

Grab your journal and write down three things that you find beautiful each day for the next 30 days. Make sure one of those three things includes something about you.

Your body is like a car . . . a vehicle to get from one place to another. The only difference is that you can always buy a new car, but you can't replace your body.

~ **Kimberly Riggins**

Take Good Care of Your Body

You only have one body, so you want to take good care of it. It is imperative that you strengthen yourself with proper nutrition and regular exercise. Your body is a sacred temple and you should treat it with the utmost respect, love and care. Without self-love, you are susceptible to obesity, eating disorders, disease or in severe cases, death.

I'm not saying this to scare you but to encourage you.

You need to take care of your body, inside and out. You would not put sticks, stones, and mud in your car's gas tank, so why would you feed your body Twinkies, soda, and donuts?

Action Step:

What is one step that you can take to show your body you care? Perhaps it is adding some fresh fruits and vegetables to your diet or blocking out 30 minutes a day to do something active. Whatever it is, don't delay...get started today.

When we lose twenty pounds . . . we
may be losing the twenty best
pounds we have! We may be losing
the pounds that contain your genius,
your humanity, your love and
honesty.

~ **Woody Allen**

It's Never about the Number

I know that losing weight for some of you can dramatically improve your health (I have helped many do just that) but I also know that losing weight because you think it will bring you peace of mind, happiness, and contentment can have rather adverse effects on how you feel about yourself.

When you start fighting with the number on the scale, you tend to lose a sense of self. This can lead to depression, anxiety and feelings of inadequacy. You start hating yourself and forget to appreciate what is most important...that you are alive.

Action Step:

If you have an unhealthy obsession with your scale, don't stop to contemplate whether you should keep it or not, pick up the scale and throw it in the trash immediately.

Let go of the need to be a certain "number" and start being present to how you feel in your own skin. If you eat delicious, clean food, do you feel healthy? If you exercise and break a sweat, are you more energized? When you allow yourself a small amount of your favorite treat, do you experience pleasure? When you get enough sleep, do you wake feeling refreshed? Rather than focus all your effort on dropping your weight, why not focus on improving your overall health? Your weight will take care of itself.

Each individual woman's body
demands to be accepted on
its own terms.

~ **Gloria Steinem**

Celebrate Your Unique Form

You and your body are one of a kind. I know intuitively you already know that but I also know that there are times when you wish you could look like, or be, someone else. They may have the “figure” you want, the personality you desire, or the life that appears magical.

What you seem to forget is that you are not alone. Chances are the same people you wish you looked like, are wishing they looked like someone else, too.

Embrace your form. You were meant to be this person in this body here on Earth. Rather than trying to change her, why not show her off?

Action Step:

What is unique about your body? Do you have a birthmark that is unique to you? Do you have a hint of blue in your green eyes? Do you have strong, yet supple thighs? Small, yet perky breasts?

Grab your journal, and make a list of all the unique qualities about your body. Note all the things that would separate you from another. Turn to this page when you start wishing you looked like someone else.

I think that whatever size or shape
body you have, it's important to
embrace it and get down.

~ **Christina Aguilera**

Rock That Body

Your body is an amazing machine. Embrace it and show it off as much as possible. Take it out for a drive and show the world what it can do.

Instead of dwelling on the cellulite you have on the back of your thighs, try appreciating them for helping you walk across the room, run the marathon you signed up for, or for giving you the strength to pick your child up with ease.

Action Step:

Remind your body of how strong and powerful it is by putting it into motion. Have you been dying to sign up for that 5K? Fill out the registration form. Want to try out that new yoga class? Go. Interested in doing something a little risqué? Try pole dancing. Find a studio that gives lessons and schedule a private session.

It really doesn't matter what you do, as long as you just get your booty in motion today.

Realize that beauty is in every
BODY and it doesn't matter what
size or shape you are . . . it does
not determine your worth or
your character.

~ **Kimberly Riggins**

It's Not about the Size of Your Clothes

Whether you are a size 2 or a size 14, you are important and deserve to be loved. Your personality should speak volumes regardless of your size. Stop having negative thoughts about your appearance.

It is not serving you.

Avoid worrying about how you look to others as well...it enables you to feel powerless and gives you permission to play the victim. I promise you, this gets you nowhere.

If you let others determine how much self-esteem or self-worth you're entitled to have, you give up all the unique things that make you special.

Action Step:

If you are playing the victim in your own size war, STOP! If you are tormenting yourself with clothes that no longer fit you, donate them. If you feel ugly in everything you have in your closet, go treat yourself to a few new items that you think look fabulous on you. If you need some help realizing how fabulous you are, enlist the help of a friend.

Be true to yourself emotionally,
physically, and spiritually without
using your "weight" to define
your life experiences.

~ **Kimberly Riggins**

Let Go of Your Dead Weight

Have you ever let the number on the scale dictate the quality of your day? Have you ever let a few extra pounds on your frame stop you from going out with your friends or from attending an event that could be a lot of fun?

Did you know that by letting your weight get in your way, you are essentially giving up your right to experience life?

I am going to ask you to stop this behavior today. I demand that you reach deep within yourself and find one thing you would like to accomplish but haven't because of your obsession with your weight.

Action Step:

If your weight wasn't a factor, what would you do today?

Would you ask that hot guy in your office on a date? Would you gather your girlfriends and get all dressed up to go dancing? Would you take a dip in the neighborhood pool? Would you allow yourself to be naked during the day in front of your boyfriend, husband, or partner?

Whatever it is, go do it! Right now!

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