

LIVING NAKED

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Personal Transformation Through Bare Simplicity



How to transform your life from the ordinary into the extraordinary through the power of simplicity, complete mindfulness, and self-action.

by Dayne Herren

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Bare Simplicity**



How to transform your life from the ordinary into the extraordinary through the power of simplicity, complete mindfulness, and self-action.

by

Dayne Herren

from TheHappySelf.com



This report is FREE for your mental consumption.

It contains no sales pitches or “filler content”...
only happy and gooey goodness.

Read it.

Apply it.

Share it.

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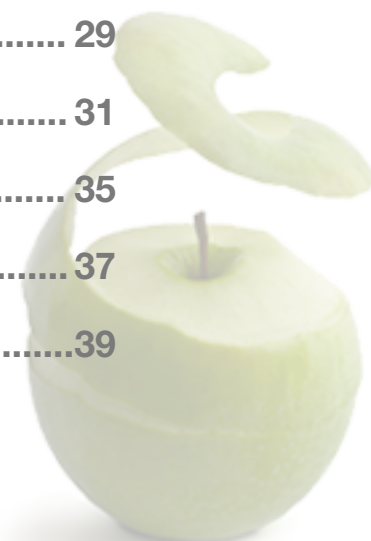
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What Is Living Naked and What Is In It For You?

First of all, thank you for attaining your copy of *Living Naked: Personal Transformation Through Bare Simplicity*. My name is Dayne and I am the owner and creator of TheHappySelf.com, a blog about personal transformation. If you have not visited the blog or don't know much about me, [here is a longer bio](#) you may want to check into. If you are here reading this, you are most likely interested in one or more of the following...

-  **Self-Improvement**
-  **Self-Development**
-  **Personal Motivation**
-  **Dream Achievement**
-  **The Philosophy of Living**
-  **Mindfulness and Meditation**
-  **Or simply...learning how to be happy!**

Ok, if you don't fall into any of the categories above, then I'm not sure why you are reading this. But in any case... welcome.

“So what the heck IS *Living Naked*?”



Let me explain. After writing on my blog about happiness and self-transformation for a few months, I realized that I wanted to put many tips, tricks and secrets I have discovered about personal transformation into ONE report. Putting all of them into one single blog post just was not feasible.

The concept of “Living Naked” is a **simple philosophy** that I’m currently implementing into my life and have found it works very well to allow the natural happiness within rise to the surface. Call it a life philosophy, call it tips or steps, call it what you will. All I know is I wanted to share it with you, the reader, at no cost so you can also implement this philosophy into your life.

Living Naked is based on simplicity, on “nakedness”, on being totally “stripped” of the excess that life tends to coat on us. This can be in the way of mental weights and strains that are self-imposed, or the weights and strains of life outside of us. The philosophy is all about getting back to the basics, shifting back to the natural ebb and flow of life both outside of us and within.

To live naked is to live free and happy.

As an infant, you were welcomed into this world free of worry and the weight of the world. You were naked...and happy. In fact, you were born with ONLY two fears in life... **the fear of falling** and the **fear of loud noises**. The rest of the fears now in your life (which, as you know, are many) are **SELF-CREATED**.

Living Naked will help you get back to that natural sense of happiness and contentment in living. It is all about “stripping” away the excess, and focusing on the natural YOU.







How to use this report...



The steps and tips in this report may seem very easy on the surface. But implementing them into your life is another story. Don't let the simplicity fool you. Read this report. Absorb it. Ponder it. Then start taking action on the parts of it that SPEAK TO YOU MOST. More than likely, those are the areas that are in most need of attention.

Lastly, stick with it.

Living Naked Philosophy In a Nutshell:

-  **Strip away life-added toxicity.**
-  **Bring forth clarity to the mind.**
-  **Listen to your internal navigation. Feel. Follow its lead.**
-  **Inject your personal passions.**
-  **Succeed at failing.**
-  **Live happy and be content.**





“First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.”

– Napoleon Hill



“In particular what is most important to me is the transformation of a sound by slowing it down, sometimes extremely, so that the inner of sound becomes a conceivable rhythm.”

– Karlheinz Stockhausen





Living Naked Philosophy #1: Get Over Yourself

Do you want more happiness in your life?

If so, you need to start implementing this key personality habit...**get over yourself**. Sure, I know it sounds a bit harsh, but take a closer look at WHY one would want to get over themselves to find more happiness.

When we are focused on the “I” in our lives, we lose focus on everything else that is going on all around us. The center of our life becomes us...not the huge and vibrant world outside of us. When I say, “Get over yourself” what I’m really saying is, **drop your ego**. It is ok to focus on yourself in the way of self-transformation or improvement, but when your ego steps in, genuine happiness usually gets pushed to the side.

When you become greater than someone else or “better” (in your mind that is), your ego is at the wheel. *Lean* into it. Look at it and ask, “WHY am I being so egotistical about this, what insecurity am I covering up about myself?” Watch your mind and thoughts when you feel the ego butt in. What is it afraid of? What is it trying to cover up? When you can answer those questions and face those insecurities, freedom will occur.

When we can rest our mind (consciousness) more and be more in the present, then the past and future, desire and the ego will slowly begin to dissolve.





“If you want to reach a state of bliss, then go beyond your ego and the internal dialogue. Make a decision to relinquish the need to control, the need to be approved, and the need to judge. Those are the three things the ego is doing all the time. It's very important to be aware of them every time they come up.”

– Deepak Chopra

Less ego = More gratitude = A richer more “naked” life.





Living Naked Philosophy #2: Live Like a Cat (or Act Like a Dog)

Did you know that we are the only animal on the planet that can actually think ahead and plan in great detail? We are the only animals who have grown a large frontal lobe in the brain which allows us to do so.

Sure, this is a great ability to have as we can plan our future as far as careers, retirement, steering clear of possible damaging situations, and more.

But is it really all it is cracked up to be? Yes and no.

Animals (with much smaller frontal lobes) like cats and dogs live in the present. They are not thinking about where they will sleep tomorrow, what they will do, or wonder if they will be lucky enough to get a table scrap during suppertime. They are only in the **NOW**.

So what is my point?

Living like we are a cat or dog means *living in the present*. It is in the **FUTURE** where we derive most of our worries, our fears, etc. Think about it. Do you **EVER** have anxiety or worry about your **PAST**? Sure, you may have



had trauma of some sort, and it still may affect you...*but I'm betting 90% or more of your worry or stress comes from future thinking.*

When you can be present, like a dog or a cat (or a baboon for that matter)...you eliminate that 90% of anxiety, stress and worry.

Imagine that feeling.

You have the ability to become present in each and every waking moment. Even while you are reading this, you can simply do that only...just read. Don't think about your appointment on Thursday, what you may eat for supper, or why that careless person cut you off in traffic earlier.

Right here. This is where you are right now. Sitting there. Reading these black letters. Letting these words seep into your brain and make you think.

So be aware of your God given frontal lobe and let it plan and do what it does. But you also have the power within you to simply sit back and **OBSERVE** those thoughts about planning or worrying about the future (they are only thoughts, remember?)

When you are present, there are **No Other Worries** (NOW).

The real present in life is...the present.





Living Naked Philosophy #3: Think Less, Feel More

As a human you're a thinking machine. In fact, your brain is the most complex and most fascinating thing according to scientists. After all these years of study, there is still so much we do not know about the brain and how it works.

The brain is literally a computer on steroids (times 100).

We can crunch numbers, we can create masterpieces, we can recall memories, smells, or even memorize pages of text.

It has been noted that the average human THINKS nearly **12,000-50,000 thoughts PER day**. And roughly **95 out of 100** of our thoughts are the SAME as we had the previous day.

*Talk about a need for **fresh** thinking, **fresh** thoughts, and **fresh** ideas.*

Processing a huge number of thoughts per day is very demanding of the human brain and body. Can you IMAGINE now how much *just a fraction less* in thinking can make one feel?



Now you can see why meditation has been around for over 2500 years and why the [benefits of it](#) are becoming more and more well known. We are simply becoming a society of “over-thinking” people with bucket loads of stress and worry (remember *Living Naked Philosophy #2?*)

What has happened in today’s world is that we have become more of a society of THINKERS and *less* of a society of FEELERS.

Why is this bad?

Two reasons...

1. *Feeling* feels good
2. *Feeling* is healthy

Feeling feels good – When we actually feel things in life, life becomes more colorful, our senses get jazzed, and we tend to relish in the vast array of feelings that life has to offer. The problem is, many people have forgotten how to truly FEEL. The ones that do, are in most cases healthier, happier, and more balanced in life.

Feeling is healthy – When we actually feel our emotions, and most of all, process them by feeling them fully...we purge our bodies and minds of unhealthy sludge. When we bottle up emotions, store them, our body usually reacts and alarms go off to let us know we need to face them and feel them. These alarms could be ulcers, headaches, IBS, chronic back or neck pain, depression, chronic anxiety...the list goes on and on.

So here is the secret that you may not be aware of or haven’t given much thought to...



Thinking is NOT feeling. I repeat. Thinking is NOT feeling.

You may think...”Oh, I don’t feel very good” or “Thinking of that time Billy beat me up on the playground really makes me feel worthless” are NOT complete feelings.

Feelings are PHYSICAL. They are NOT mental. Big difference.

So how does one actually FEEL and not THINK? It’s simple.

Become awareness.

Learn to tap into your body by how you are feeling by being AWARE. When we are aware, we are feeling. The trick is, try not to label it with your mind as in, “I am feeling tired”. Don’t label. Just feel the tiredness. Be aware of how it feels physically.

Ask your brain daily this question...

“What am I feeling emotionally?”

Then take a few minutes to sit and let it answer you in sensations and feelings in your body. You may even notice that feelings may “bubble up” from inside naturally. You may start to weep. You may start to laugh for no reason. Or, you may not feel anything. That is ok, just keep at it.





**“Emotion always has its roots in the unconscious
and manifests itself in the body.”**

– Irene Claremont de Castillejo

Let your body do what it wants to do. Don't label, just be aware. Doing so will free your mind and body and in your daily life, you will notice how much more you will feel when you witness a great piece of art or movie, or hear a beautiful song or see a brilliant sunset.

**Learn to tap into feelings and emotions and do less thinking
and watch your life become alive.**

Book Pick! [Emotional Clearing](#) by John Ruskin. This is the BEST book I have ever read on emotions and how we simply do not feel enough. It's an excellent book!





Living Naked Philosophy #4: Dump Toxic Catalysts

This one is really a no-brainer but one that many people ignore. In fact, you have probably met someone who on one hand, complains about how horrible they feel, yet on the other had, is doing something that actually FEEDS that horrible feeling.

For example, one man may say...”I feel horrible, I can’t breathe, I don’t taste much, and my sex drive is down the crapper.” But on the other hand, as he is complaining, he is quietly smoking his 5th cigarette for the day.

This example is like driving a car with a hole in the gas tank, but you keep putting fuel in it anyway *even though you are highly aware of the hole.*

The point I am trying to make is this...*dumping your toxic habits is essential to transforming your life.*

Anything that makes you feel bad mentally or physically is a toxic habit. This goes for physical things, your own thinking, or even toxic people you keep in your life out of **security and comfort (or one’s that feed your ego).**

Take out a sheet of paper, and write down a list of 10 TOXIC habits, things or people in your life. In one column put what it is (The Toxic Catalyst). In a second column, write down how this Toxic Catalyst makes you feel, and thirdly (in a third column), write out how you can begin to dump it.



If you have some problems with this exercise, read Living Naked Philosophy #5 and #9 to help you identify your Toxic Catalysts and Living Naked Philosophy #7 to help you face how to overcome them.

Dump toxicity. Purify your mind and body.

Be new again...be naked. Strip away toxic gunk.

It really is that simple.





Living Naked Philosophy #5: Clean Out Your Mental Closet

Have you ever walked around with a backpack full of books or have done some exercise with weights strapped on your ankles? If so, you know how both can literally “weigh” you down.

But did you know that holding onto past hurts, trauma and more on the inside can have the same effect on you? In fact, the mental weight of keeping the past in your mental closet can be even MORE exhausting because it is with you ALL THE TIME.

The more you think about it and re-live it in your thoughts, the more it uses up your natural mental energy.

You may have had *one* bad experience or regret in your past that was indeed awful at the time, but the problem is, it happened ONE time. When you play it over and over in your head like a bad broken record (one with unpleasant music)...your MIND and BODY react to it as if it IS happening for real all over again. So instead of living through the experience one time, you are living it hundreds of times.

See, here is the thing...***the mind does not know the difference between what you think and reality.***

For example, let's say you imagine a vividly yellow and luscious lemon. You can see it in your mind; you can even smell its citrus scent. You can tell that this lemon is going to be very juicy and very sour just by the way you imagine it.



Now imagine you biting into that very sour lemon.

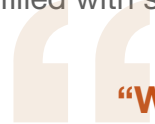
What just happened?

You salivated. In fact, you may have even felt your jaw muscles feel a strange sensation.

Your body just reacted AS IF you just took a big bite into a lemon. But you didn't. It was only a mere THOUGHT of doing it. As I said, *your brain does not know the difference.*

Do you see how powerful your thoughts are now and why re-living your past hurts is so harmful?

It is ESSENTIAL if you want to “live naked” and have a life of freedom and happiness to **STOP** that record player in your mind of your past hurts. You are causing your mind and body undue stress and it takes up time and space in your life that could be filled with sweeter and better things.



“Waste not fresh tears over old griefs.”

– Euripides, Alexander

Clean out your mental closet. Feel the emotions of your past hurts (see *Living Naked Philosophy #3*) and for once, move on. Stay present. This is the moment. The past is just that, past.





Living Naked Philosophy #6: Tune In (and Tune Up) Your Body

Your body is your temple. If you don't take care of the temple, the temple becomes weak and then it eventually crumbles. The way your body FEELS will affect your mind and mood, and your overall outlook on life. But also, the way you feel mentally can affect your mood and your body. It really is a two way street.

So just imagine if you took care of both your mind AND body at the same time. Both avenues would be open and clear. Your energy and vitality would peek and you would most likely feel a sense of happiness and freedom.



“Every human being is the author of his own health or disease.”

– Buddha

Many of the various steps or philosophies in *Living Naked* are focused on your mind, and your thinking. But what good does that do if all you do is sit around and munch on potato chips all day and start ballooning up in weight, have diabetes kick in, and simply lose all kinds of energy? It is pointless.

If you want to live naked and live a life of freedom and happiness, you need to not only focus on your mind...but your beautiful body (because it is, just the way it is).



Work out, exercise, get moving, sweat, play sports you enjoy, go for walks in peaceful neighborhoods, try yoga, do pushups, or ride your bike down that cool trail in the park. The point is, **simply get your body moving and do it often.**

The benefits of exercise are many and I'm sure you have read all about them so there is no need for me to tell you the "Why's" of why you need to get moving around. Just do it.

Harness your willpower and get out there.



“Our bodies are our gardens - our wills are our gardeners.”

– William Shakespeare

But besides moving around and getting exercise daily (or at least every other day)...you also must master this... **DOING NOTHING.** By this I mean actually doing NOTHING. This means sitting still, no TV, no distractions, and being wrapped in pure silence. Simply sit there, breathe fully, and put your focus on the rhythm and sensation of your breathing.

Practice sitting in silence. Close your eyes. Focus on your breathing. When you start to think, simply label your thoughts mentally as “thinking” and bring your awareness back to the sensation of breathing. Do this everyday.

This is meditation at its most very basic and it will change your life.

Let it.



More Goodness: Here [are 45 reasons why you need to meditate](#) and [5 other ways you can do it](#).

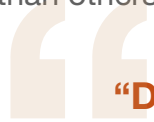
In summary...MOVE AROUND (exercise) often,
and DO NOTHING (meditate) often.





Living Naked Philosophy #7: Interrogate Your Fears

Fear. What a nasty and useless thing it is. We all have it and we all live by it every single day. Some of us are lead by it more than others.



“Don't be afraid to go out on a limb. That's where the fruit is.”

– H. Jackson Browne

If you think about it, fear is even less real than a puff of smoke. A puff of smoke is right there in front of your eyes but soon fades. Fear on the other hand is invisible, yet it seems to rule our lives in so many ways.

So why would you let something that is not tangible or real rule your world?

What you really fear is not fear; it is your **VISION OF THE FUTURE** in terms of mental images, or “What If’s.” It is all false evidence or images in your mind and imagination.

FEAR = False Evidence Appearing Real (in the future!)

Fear is 100% future based. In many cases, our worst fears are taking something from our past, a past memory, and projecting it onto something in the future. For example, in your past you may have had a bad car accident, and now every time you drive, you are fearful it will repeat.



You are mentally projecting your PAST into your POSSIBLE FUTURE.

So the question now remains...

“How does one overcome fear?”

Well, it is not easy and you will never become 100% fearless. But what you can do is *greatly* reduce your biggest fears and when you do so, it will open up your life. You will lead a more “naked” life, and enjoy more happiness.

What you have to do is face down your fear. You have to challenge it. When you can shine light on the darkness of fear, it will no longer live. You can do this by either facing the fear head on or by taking baby steps towards overcoming it. The main thing is you MOVE FORWARD towards it.

Look at your fear and ask yourself, “What is the WORST thing that can happen?” Then, take your answer and analyze it. Is it really that bad? Is it really the end of the world? Put your ego aside.

Lastly, once you have seen or figured out what the worst thing is that can happen, figure out a way you will deal with that if it DOES happen.

Do that, and you will eliminate the majority of your fears.

By looking your fears in the eye (by questioning them, and seeing them through to the end)...you strip them, you make them naked, and they become less of a threat to you.



Your fear that was once a big ugly monster is now a naked and weak afterthought.



“Death is not the biggest fear we have; our biggest fear is taking the risk to be alive -- the risk to be alive and express what we really are.”

– Don Miguel Ruiz





Living Naked Philosophy #8: Listen To Your Internal Pilot

You have a built-in navigation system in your life that will steer you in the right direction. Many people refer to it as your “gut instinct” or “gut feeling.” The problem when we are not living naked is we are not listening to our internal pilot, our navigator.

There are people that have tapped into their internal pilot and have it effortlessly navigate their lives. Sure, they still run into bumps in the road just like everyone, but it is how they bump OFF those roads in the RIGHT direction that is important. I’m sure you know these types of people; they are the ones who seem to have everything going right in their lives, the “lucky” ones, etc.

The fact is they are not lucky, they just have learned to tap into the proper navigation within that puts them into a [life of flow](#). They are the one’s who tend to make friends at the drop of a hat, create income while doing something they are passionate about, or simply stumble upon that million dollar “Why didn’t I think of that!” idea.

The beauty of all this is that YOU can tap into this flow and navigation...if you listen for it and most of all, FEEL it.

So how exactly do we tap into our internal pilot?

First we must get quiet during the chaos of the storm of life. This means becoming silent, becoming aware of your surroundings, and being present.



Second, you need to learn to feel and listen to what your body sensations are telling you when you pose an important question to it, or if you are in the midst of a big decision (see Living Naked Philosophy #3).

The most simple and easiest way to know if you are making a right decision in your life, or if you are headed in the right direction, is to ask yourself this single question...

***“Does this step in my life make me feel heavy and constricted...
or does it make me feel light and free?”***

The great life coach Martha Beck, author of *Finding Your Own North Star* (which I highly recommend reading!) makes this concept or question even simpler. She asks...**“Shackles on or shackles off?”** Do you feel bogged down and trapped (shackles on), or does it make you feel free (shackles off)?

Once you pose this question, the next thing to do is see how you feel **physically**. Do you get tense? Do you feel a rise in your internal stress and worry? Or do you feel liberation, excitement and giddiness about the possibilities?

Listen and feel.



“The mind’s first step to self-awareness must be through the body.”

– George Sheehan

Your body will navigate you and tell you the most fitting answer for your life. Once you do, you will start to feel free, feel “naked”, and more joy and happiness (and so called “luck”) will tend to come your way. Try it.





Living Naked Philosophy #9: Discover Pint-Sized Ecstasy

The purpose of life is to be happy. It really is that simple. Many of us strive to make a million dollars, create the perfect body and physique, or to climb the corporate ladder so we can finally make enough money to buy that vacation home near the coast.

But as you may have learned (and this is probably just a reminder), the things that make us the happiest are usually **FREE** and **SMALL**.

I challenge you to find “pint-sized ecstasy” in your life. This means, find small things that are free that give you great joy and satisfaction. The simple stuff.

Don't wait for a life only filled with 3-4 big happy life moments.

Create a life with thousands of small ones to fill in the gaps.

Learn to paint. Take drives at twilight. Meditate. Sit in the local park and watch kids play as the sun rests on your skin. Tell jokes to friends. Give someone a heartfelt hug. Write an eBook. Create a blog and create a community. Do yoga. Make love. Make cookies. Take a walk on a cold winter night and enjoy the silence. Soak in a bubble bath like you did as a child. Fish. Ride your bike down new trails. Plant a garden and watch it grow and produce fresh fruit and veggies. Sculpt. Take photographs. Learn how to play guitar...



The possibilities are endless!

Find small things in your life that give you ecstasy and **PASSION**. The only way this can occur is if you are **PRESENT** and you feel **INVIGORATED** when you do whatever you do.

Fill in your life gaps with lots of pint-sized ecstasy and enjoy the journey.

One last tip: Many times in life people who find happiness in something soon get bored of it. Here is the secret to avoid this...

1. **VARIETY:** Change it up; add variety to whatever you are doing.
2. **TIME GAPS:** Don't do it TOO often. Allow time in between so it does not get mundane.

Instead of writing at home about the same thing, go to a café and type on your laptop and change up the subject matter. If sex has got boring, try different places and don't do it as often. If you are getting burned out by eating your favorite type of pizza, don't do it as often, and next time, add some other toppings to it or try a different type of pizza all together.



“There are no great things, only small things with great love. Happy are those.”

– Mother Teresa





Living Naked Philosophy #10: Succeed at Failing

There are those who **live life**, and then there are those who **LIVE** life.

There are those who watch from the sidelines, and then there are those who **PLAY THE GAME**.

If you want to live naked and live a life of freedom and happiness, you are going to have to expand and push your boundaries. If you sit back in a constant state of non-activity, and live a life where you don't challenge yourself or most of all...don't take **RISKS**...you will not feel content.

There is a huge difference of being safe versus *living* safe.

When you **LIVE** safe, you are living (most likely) in a state of fear and afraid to take risks. *But if you never risk, you never expand.*



“Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing.”

– Helen Keller



As you have probably heard, the sweetest rewards in life come just after moments of risk. Who doesn't want sweet rewards?

**Bottom line: If you are not failing in life, you are not even trying
(or taking risks).**

- The more you risk, the more success will eventually find you.
- The more you risk, the more so-called "luck" will find you.
- The more you risk, the more confidence and self-esteem will grow.

You need to start to succeed at failing because at some point, you will NOT fail. There has never been a human on this planet that has taken risk after risk and failed EVERY SINGLE TIME.

So put yourself out there. Take "micro" risks. Start small.

Many times the smallest risks can lead to the greatest rewards.

But the key is to PERSIST!

Many famous people who ever succeeded failed *miserably* at first...



- **Winston Churchill** failed sixth grade. He was subsequently defeated in every election for public office until he became Prime Minister at the age of 62. He later wrote, "Never give in, never give in, never, never, never, never - in nothing, great or small, large or petty - never give in except to convictions of honor and good sense. Never, Never, Never, Never give up." (his capitals, mind you)
- **Thomas Edison's** teachers said he was "too stupid to learn anything." He was fired from his first two jobs for being "non-productive." As an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. When a reporter asked, "How did it feel to fail 1,000 times?" Edison replied, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."
- **Henry Ford** failed and went broke five times before he succeeded.
- **R. H. Macy** failed seven times before his store in New York City caught on.
- **Walt Disney** was fired by a newspaper editor because "he lacked imagination and had no good ideas." He went bankrupt several times before he built Disneyland. In fact, the proposed park was rejected by the city of Anaheim on the grounds that it would only attract riffraff.
- **Charles Schultz** had every cartoon he submitted rejected by his high school yearbook staff. Oh, and Walt Disney wouldn't hire him.
- **Jack London** received six hundred rejection slips before he sold his first story.

Stories from: "They Did Not Give Up" via: <http://www.des.emory.edu/mfp/efficacynotgiveup.html>



Get out there. ***Start succeeding at failing...***

Ask out that girl or guy you have had a crush on. Make that marriage proposal. Leave your dreaded job that you have hated for the last 5 years and find a way to make money at that one skill you know you have. Start a business. Get on the treadmill and finally start to lose some weight. Write that silly fiction novel you have always dreamed of but were too embarrassed about. Dance as if no one is watching. Do karaoke. Visit open mic night and sing your song or read that poem you wrote.

Start taking “micro” risks and watch how they will snowball into a life of nakedness, freedom, and much more happiness and zest!

**Ask yourself, are you failing, and if so...are you just giving up?
Keep moving forward.**





Living Naked Philosophy #11: This is it.

We have finally come to the last *Living Naked Philosophy* of living a naked life. It is probably the simplest one, yet the most profound.

This is it.

This moment. This is all you have. Not tomorrow, not yesterday. NOW.

You have been given one life. You have ample opportunity to do what you enjoy in this life. All the resources you could ever need are around you, even if you don't currently see them. By applying the *Living Naked Philosophies* I have shared with you, I truly believe you can make the most of your life and get the most out of it.

Get naked. Get free. Free yourself of the nonsense and muck that has weighed you down physically and mentally. Run free. Be bold. Dare and take risks.

THIS IS IT.

What are you going to do with "it" (the now)?



Are you just going to read these steps I have given you and then go back to your same old patterns of unhappiness? Or are you going to take action?

The choice is yours.

This moment is yours.

You hold the universe, your universe, in the palm of your hand. Life is like a big ball of clay and you can shape it how you like. You, as a person, are ok just as you are. Learn to accept yourself, and don't compare yourself to others or other people's lives. This is it. This is YOUR life.

**OUT OF THE BILLIONS OF PEOPLE ON THIS PLANET THERE IS
NO ONE ELSE IN THE WORLD JUST LIKE YOU.**

You are unique in every single way.

You have unique quirks, you have unique talents and you have multiple reasons why people like you. It is time to like YOURSELF.

It is time to “live naked” once and for all.





Two Quick Favors From You

This is the point in many free reports or eBooks where website owners or bloggers try to sell you all kinds of things.

I'm not here to do that.

All I'm going to ask of you are two very simple favors. I worked hard to create a very concise report that I felt could benefit you, the reader, at no charge. It all came down to giving you VALUE.

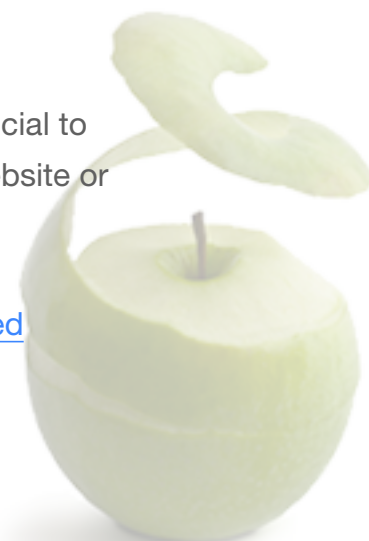
My goal is that you get something good out of this report that can make a positive change in your life. At the same time, I hope I have gained some of your trust and even your own endorsement of this free report.

If I have gained your endorsement I want to ask you two quick favors...

FAVOR#1: SPREAD THE WORD ABOUT THE "LIVING NAKED" REPORT

If you enjoyed this report, and you feel it is actually beneficial to you, don't you think it would be beneficial to others you know? If I have earned your endorsement, I would appreciate you posting a link on your website or blog for others to get this report or just let your readers know about it however you like.

**Simply link back to the report page at this URL: <http://www.thehappyself.com/living-naked>
or just give the report away to them.**



FAVOR #2: SHARE YOUR PERSONAL THOUGHTS ABOUT THIS REPORT

Did you read this report and find at least an ounce of benefit from it? I would love to hear what you thought (and so would other readers)! Getting personal feedback from readers like yourself gives me an idea of what you like, what you don't like, what works for you and what doesn't, and more. I simply want to have that kind of connection with you, and to make it personal.

Why not take a few minutes and leave your comments about this report by [clicking here](#). Just scroll to the bottom of the page and you will see where you can leave your comment.

I thank you personally in advance.





My Big Thank You

I just want to take a minute to thank YOU, the reader of this report. It is readers like you who make part of my life worthwhile and make this report and my blog, TheHappySelf.com possible.

Without your support none of this would be possible or even worthwhile. So from the bottom of my heart, I **thank you** for reading this report and if you are a reader of my blog, I appreciate that too.

I'm really looking forward to meeting more and more readers like yourself in the days, months and years ahead.

Keep on being true to yourself!

Be great. Change your universe. Make waves. Live naked and be free!

Thank you so much for reading Living Naked!



TheHappySelf.com

Personal Transformation For Thinking People

<http://www.TheHappySelf.com>

Get Happy.

