



Showing Up Naked

Erica Lee Boucher

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We come into this world naked, innocent, the very essence of love. Granted a brief amount of time to revel in and enjoy this state, it isn't long before we are being groomed to fit in and play by the rules. Suddenly, societal expectations have us looking outside of ourselves for validation, acceptance, and love. And with all the judgment and modeling to which we are exposed, it isn't long before we don a social mask. Now, we move around inside of our lives bumping up against other social masks, and the ability to experience a true, deep, honest connection with ourselves and others is all but lost. This is a book about breaking free of the social conditioning, becoming comfortable in our own skins, liberated from the need to ask for permission to be ourselves. This is a book about complete and total self acceptance, and living without guilt or the need to apologize for who we are. From cover to cover this book will challenge you to let go, layer by layer shedding that which is not true until all that is left is the same naked, innocent, loving presence you always were-buried beneath the layers of inauthenticity you were taught you needed.

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