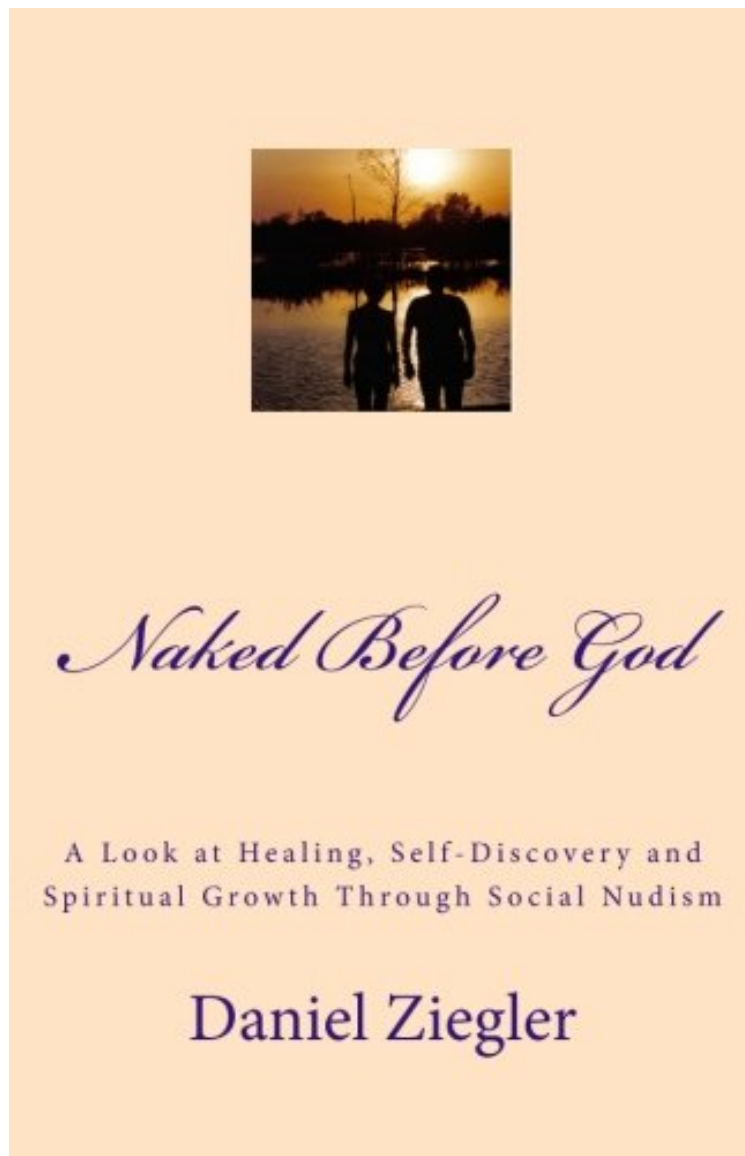


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## **Naked Before God: A Look at Healing, Self-Discovery and Spiritual Growth Through Social Nudism**

*Mr Daniel D Ziegler*

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**Mr Daniel D Ziegler : Naked Before God: A Look at Healing, Self-Discovery and Spiritual Growth Through Social Nudism** before purchasing it in order to gage whether or not it would be worth my time, and all praised Naked Before God: A Look at Healing, Self-Discovery and Spiritual Growth Through Social Nudism:

0 of 0 people found the following review helpful. Disappointing but OK. By Robert J. Wickham This is an interesting read. However, based on the title, I was expecting a more spiritual journey and possibly some biblical reference. The author has some good insight on human nature and sexuality, but lost credibility with me by not talking about God, but leaving everything to "The Universe." In addition, this book is riddled with grammar and spelling errors. I have a hard time taking any author seriously that sells a book this poorly proofread. 2 of 2 people found the following review helpful. The Truth of Self Discovery By Gypsylady The first part of this book Mr. Ziegler bares his heart so the reader can have an interesting look at what is possible within the human psyche. With guidance and gentle instruction he takes the reader to a point they are willing to listen to others' stories. The subjects' stories, their victories, their questions are all there for the reader. This book is a first-step guide to accepting ones self, to daring to act on new ideas, and an encouragement to continue growing spiritually. 1 of 1 people found the following review helpful. Easy to read, impossible to forget. A real gem! By Susan S. Conforti Naked Before God is a powerful book from a brilliant mind. Those of us in the Baby Boomer generation owe it to ourselves, to our children and grandchildren, and to our world to question our assumptions about divinity, spirituality, and humanity. Even those who would never dream of going without clothes will find their psychological fear- and shame-based personas (that is, our daily masks) falling off and staying off, making us authentic and naked with those with whom we come in contact. This important work has improved my ability as a chaplain to journey with and provide solace to those I serve.

Most of us are unaware of deep-seated body image issues that block us from fully living. We walk around in bodies that, from a very young age, we have learned to dislike. At some point most of us sense there something is wrong, but have no clue as to what. We then try to get fixed through various workshops, meditation practices and therapies but seldom do any of these make a difference because they don't get at the core of the problem and we are still stuck at ground level. In fact, in failing to make a difference, many of these programs actually perpetuate our problem because we come away feeling we are flawed for failing, when in fact, it was the program or therapy itself that was flawed and failed us. Instead of being a solution, they become part of the problem. This book shows how the author and many others have easily, often through serendipity, broken through the barriers that hold most of us back. Learn how nudity is to the body is like meditation is to the mind, and that social nudism offers an opportunity to deprogram the mind making healing, self-discovery and spiritual growth possible. And, besides that, it just plain feels good because being nude is to be fully alive and present! A short book but one that will touch you at the deepest part of your soul.