

Naked in the Now

Juicy Practices for Getting Present

by Marijke McCandless



Non-Fiction - Self Help

304 Pages

Reviewed on 05/17/2024

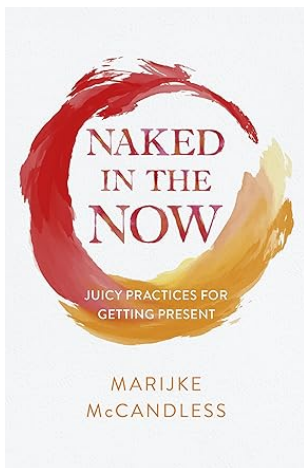
Book Review



Reviewed by Ruffina Oserio for Readers' Favorite

Naked in the Now: Juicy Practices for Getting Present by Marijke McCandless is a refreshing and insightful guide that invites readers on a transformative journey of self-discovery and mindfulness. McCandless presents a playful yet profound approach to reconnecting with vitality and embracing the present moment, offering diverse practices designed to foster authenticity and inner peace. The book is structured into chapters that explore various facets of self-awareness and emotional well-being, each accompanied by practical exercises and reflections. From cultivating self-compassion and mindfulness to nurturing intimate relationships and embracing vulnerability, McCandless provides readers with the tools and guidance to navigate life's challenges with grace and authenticity.

The author's emphasis on vulnerability and self-acceptance stands out. McCandless encourages readers to let go of societal conditioning and embrace their true selves, free from judgment and shame. Through practices like "Naked Reverence" and "Inner Striptease," readers are invited to explore the depths of their being and cultivate a profound sense of self-love and acceptance. Naked in the Now draws inspiration from spiritual traditions and teachings to weave elements of meditation, divination, and mindfulness throughout the book. Whether practicing "Breath of the Beloved" meditation or engaging in tarot readings for self-reflection, readers are encouraged to explore these practices with an open mind and heart, allowing for deep insights and personal growth. The book emphasizes practicality and accessibility, and McCandless recognizes that many readers may feel overwhelmed by the prospect of incorporating mindfulness into their daily lives. The author also offers simple yet powerful practices that can easily be integrated into even the busiest schedules. Whether it's a five-second presence exercise or a sensory awakening ritual, readers are empowered to find what works best for them and embark on their journey of self-discovery. This book was eye-opening for me —packed with insight, wisdom, and practical exercises.



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Author Biography



Marijke McCandless is a mindfulness coach, playful spirit, and acclaimed author, dedicated to guiding others toward the joy of living in the present moment. Her latest book, "Naked in the Now: Juicy Practices for Getting Present," endorsed by Kirkus Reviews, offers accessible and transformative mindfulness practices. Marijke's work has been featured in prestigious publications such as Thrive Global, Spirituality and Health Magazine, Best Self, and more. Recently, "Naked in the Now" earned a coveted 5-star review from Readers' Favorite, solidifying Marijke's reputation for crafting impactful and engaging mindfulness resources. With her playful approach and adventurous spirit, Marijke inspires readers to embrace vulnerability and savor the richness of each moment.