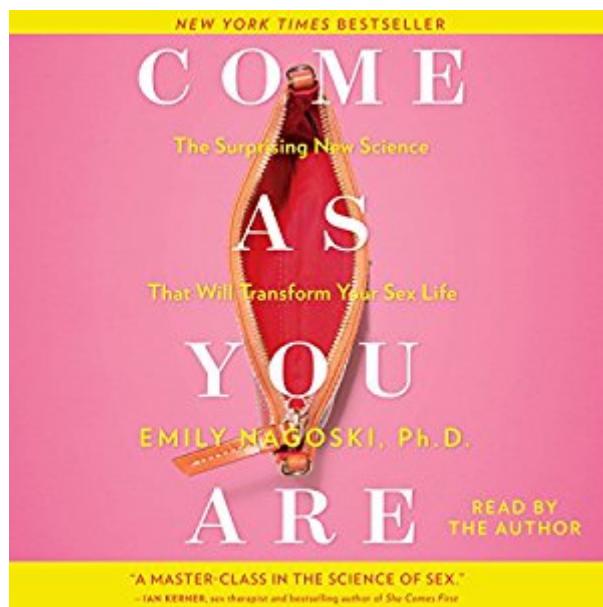


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# Come As You Are: The Surprising New Science That Will Transform Your Sex Life



## **Synopsis**

An essential exploration of why and how women's sexuality works - based on groundbreaking research and brain science - that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a "pink pill" for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never exist - but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and *Come as You Are* explains it all....

## **Book Information**

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## **Customer Reviews**

*Come As You Are* is absolutely the best sex book I've ever read. I used to buy so many trying to figure out how desire and arousal worked and while I learned good things, this was the book that felt like a warm hug that explained everything and how I could make this work for me. What I did not expect was to learn so much about my brain, and how \*exactly\* that was connected to sex, and why feeling joyful and content in life in general applies to sex specifically. I'd heard that sex and life were intertwined; the whole "it's all connected" but it never made sense until reading Emily Nagoski detailing HOW and WHY. So all of Emily's blog posts come to life in this book, and every time I re-read chapters, I feel like the science connects in a deeper way. She covers attachment, sex that advances the plot in relationships, emotions, and mindfulness, just to name some topics. My favorite part of the book was learning about how the brain interprets goals and effort, and how you can use

that to your emotional advantage to make life easier. (Also, this applies to road rage!) I'd also always read that imagination was a big part of creating a better sex life, and this is the first book to have really sparked my curiosity in a way that I'm intrigued about sex. (I've had painful sex and avoided it for years now, while still desperate to find out how to make things work for me.) The way I think about sex and the way I feel about sex have been transformed after reading *Come As You Are*. Instead of comparing myself to friends' stories about sex, lately, I'm actually interested and find myself musing on how things work for me to feel so confident and excited about sex. I've come a long way from feeling that I have SO far to go to enjoy sex, to feeling jealous and inadequate when friends talked about sex, and thinking that I'm obviously not the goddess they are because I don't have those stories. That transformation alone feels therapy-huge, to have come from such shame and fear and sadness to curiosity and intrigue. I'm pretty sure Emily is also the first sex educator I've noticed that used empathy to write little notes to the reader about their struggles. I cannot tell you how many times I've re-read those paragraphs on her blog and in this book, because it was exactly what I'd needed and never had anyone else say before. Emily GETS it. And I'm so thankful she realizes the power of what she's teaching, so this book could be possible. I really think every person alive could learn something and feel more at ease in their relationships and with sex, just from reading this book. Her blog is a refreshing on its own, but this book feels like a week at the spa.

Thank you, Emily.

I enjoyed reading this book. It clarified the science behind many things I have experienced. I feel more informed and able to navigate my sexuality in a healthy way.

I thought this book was interesting and I did learn some new things. It was not groundbreaking to me or something I feel every woman I know should read, but I think it was a worthwhile read and easy to get through and understand.

I enjoy this book, though it could use a tighter sense of organization and less meandering. Nonetheless, it's provided a lot of fascinating information and food for thought, not just about sex, but about relationships and emotional health and well-being.

Every woman should read this book! Great insight on my sexuality and how I am derived.

This is a very informative book that realigned my approach to the female orgasm. This should be

standard reading material for anybody (male or female) who has an interest in increasing the quality and quantity of female orgasms.

A longtime reader of Dr. Nagoski's articles and blog, I couldn't wait to see her "sciencey goodness" collected in a single volume. This book will be a tremendous resource for the couples I work with, and a handy reference to have both in the office and at home. In this seemingly sex-obsessed world, I find even married adults to be starving for good information about everything from the mechanics of sex to the complex magic of desire. Come As You Are brings sturdy science, clearly presented, in the gentle, no b.s. voice of a skilled instructor. Good stuff!

Great book for anyone to read who ever wants to have sex! This book honestly changed how I think about sex and how mindful I am of my intimacy with my partner. Would recommend to anyone.

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