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About Come As You Are by Emily Nagoski.
The author of the book discusses an issue many of us are clearly aware of. And it is that we are not really satisfied with our sex life. The book primarily focuses on the science of sex. It is that brain and sex connection that we've all heard about before. However, the book says there is new science, and new understanding, as a result of recent research. It has lead to new understandings about women and how their sexuality works. So clearly women are the targeted audience. But, of course, any man who is interested improving sex with his female partner will benefit from the book as well. The book says it will help radically transform your sex life into one filled with confidence and joy. Originally released in 2015, the book quickly received rave reviews and became a New York Times Best Seller.

About It's Author
Dr. Emily Nagoski has too many credits to list in this brief bio. She is a renown sex educator, researcher, activist, and author. She has a Ph.D. in Health Behavior with a doctoral concentration in human sexuality from Indiana University. She also has a Master’s degree from Indiana University in Counseling. A clinical internship at the Kinsey Institute Sexual Health Clinic. In addition, she has a B.A. in Psychology, with minors in Cognitive Science and Philosophy, from the University of Delaware. She runs the very popular blog called The Dirty Normal. And now she is a New York Times Best Selling Author.

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