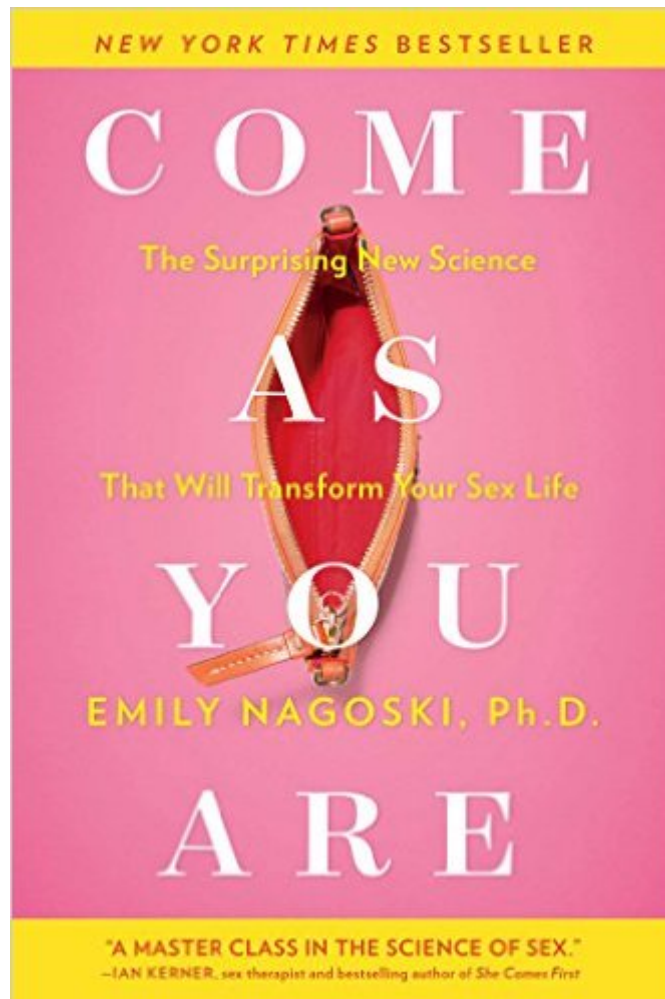


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Come As You Are: The Surprising New Science That Will Transform Your Sex Life



Synopsis

*****A NEW YORK TIMES BESTSELLER***** 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 be the answer—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. The first lesson in this essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others' experiences. Because women vary, and that's normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman's arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

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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.

If you read only one book on human sexuality, make it Come as You Are. This isn't your standard sex book. There are no promises here that learning one trick will drive you or your lover wild. But there is a lot of science, presented in an approachable manner, that provides great insight into how people work sexually (and, to be honest, in general as well). The book's stated audience is women, but I think anyone can benefit from the science that Nagoski covers in her book, regardless of sex. Sure, if you are a guy you'll read some things that don't directly apply to you, but I recommend you read this book anyway. It is that important. Why? Because what this book teaches you is imminently important to your health, your sexual well being, and just general understanding of how you, and those you are intimate with, work. For instance, Nagoski's discussion of the dual control model, or the "brakes" and "accelerator" of arousal, provides an understanding of people can have a different level of arousal for similar events. Nagoski also talks about how stress impacts your arousability, and how stress can affect level of arousal differently for people (some people more aroused, others much less). She discusses how stress worked in the past for humans (when running from lions, for instance), and how we no longer allow stress ourselves to complete the full stress cycle. This

discussion of how we, as a society, don't allow stress to complete the cycle is important, regardless of how it affects your sex life. I thought her point of how our method of dealing with stress is to avoid stressors, when it would be much healthier to learn to allow the stress cycle to complete, spot-on and more sensible than the common advice to avoid stress.

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