

Come As You Are

A revised and updated edition of Emily Nagoski's game-changing New York Times bestseller Come As You Are, featuring new information and research on mindfulness, desire, and pleasure that will radically transform your sex life. For much of the 20th and 21st centuries, women's sexuality was an uncharted territory in science, studied far less frequently—and far less seriously—than its male counterpart. That is, until Emily Nagoski's Come As You Are, which used groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them. In the years since her book's initial publication, countless women have learned through Nagoski's accessible and informative guide that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it—and that even if you don't always feel like it, you are already sexually whole by just being yourself. This revised and updated edition continues that mission with new information and advanced research, demystifying and decoding the science of sex so that everyone can create a better sex life and discover more pleasure than you ever thought possible.

Looks at the life of Dave Grohl, a rock star known for his work with Nirvana, Queens of the Stone Age, Them Crooked Vultures and the band he founded, Foo Fighters, in a book that draws on personal interviews with Nirvana producer Butch Vig, Queens of the Stone Age front man Josh Homme and Grohl himself.

Do you want more free book summaries like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. Come as You Are blends wit, science, and psychology to help you discover the beauty of sex. Many people feel lost or let down by their sex lives, but sex educator Emily Nagoski wants you to know that it doesn't have to be confusing. Instead, she argues that sex in its true form is an art which can help you create a beautiful bond with your partner and learn more about yourself. By transcending social norms and relinquishing your inhibitions, Nagoski asserts that anyone can unlock new levels of pleasure.

A piercing and scientifically grounded look at the emergence of the coronavirus pandemic and how it will change the way we live—“excellent and timely.” (The New Yorker) Apollo’s Arrow offers a riveting account of the impact of the coronavirus pandemic as it swept through American society in 2020, and of how the recovery will unfold in the coming years. Drawing on momentous (yet dimly remembered) historical epidemics, contemporary analyses, and cutting-edge research from a range of scientific disciplines, bestselling author, physician, sociologist, and public health expert Nicholas A. Christakis explores what it means to live in a time of plague—an experience that is paradoxically uncommon to the vast majority of humans who are alive, yet deeply fundamental to our species. Unleashing new divisions in our society as well as opportunities for cooperation, this 21st-century pandemic has upended our lives in ways that will test, but not vanquish, our already frayed collective culture. Featuring new, provocative arguments and vivid examples ranging across medicine, history, sociology, epidemiology, data science, and genetics, Apollo’s Arrow envisions what happens when the great force of a deadly germ meets the enduring reality of our evolved social nature.

**I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.' Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no exception.' Elizabeth Day Does eating sugar cause yeast infections? Does pubic hair have a function? Should you have a vulvovaginal care regimen? Will your vagina shrivel up if you go without sex? What's the truth about the HPV vaccine? So many important questions, so much convincing, confusing, contradictory misinformation! In this age of click bait, pseudoscience, and celebrity-endorsed products, it's easy to be overwhelmed-whether it's websites, advice from well-meaning friends, uneducated partners, and even healthcare providers. So how do you separate facts from fiction? Obstetrician Jen Gunter, an expert on women's health- and the internet's most popular go-to doc-come-to the rescue with a book that debunks the myths and educates and empowers women. From reproductive health to the impact of antibiotics and probiotics, and the latest trends, including vaginal steaming, vaginal marijuana products, and jade eggs, Gunter takes us on a factual, fun-filled journey. Discover the truth about:
· The vaginal microbiome
· Genital hygiene, lubricants, and hormone myths and fallacies
· How diet impacts vaginal health
· Stem cells and the vagina
· Cosmetic vaginal surgery
· What changes to expect during pregnancy, after childbirth, and through menopause
· How medicine falls women by dismissing symptoms Plus:
· Thongs vs. lace: the best underwear for vaginal health
· How to select a tampon
· The full glory of the clitoris and the myth of the G Spot ... And so much more. Whether you're a twenty-six-year-old worried that her labia are 'uncool' or a sixty-six-year-old dealing with painful sex, this comprehensive guide is sure to become a lifelong trusted resource.**

"Come as You Are: Art of the 1990s is the largest and most ambitious contemporary art exhibition ever to be mounted by the Montclair Art Museum. The exhibition and book spotlight a pivotal moment in the recent history of art. Chronicling the “long” 1990s between 1989 and 2001—from the fall of the Berlin Wall to 9/11—“Come As You Are” examines how the art of this period has reflected and helped shape the dramatic societal events of the era, while the combined forces of new technologies and globalization gave rise to the accelerated international art world that we know today—.”

The final book of the Bible, Revelation prophesies the ultimate judgement of mankind in a series of allegorical visions, grisly images and numerological predictions. According to these, empires will fall, the “Beast” will be destroyed and Christ will rule a new Jerusalem. With an introduction by Will Self.

The secret to solving the stress cycle

A Practical Guide to Hit the G-Spot and Make Her Ejaculation in 5 Minutes with Light On/Off for Beginners, Senior.

The Profound and Enduring Impact of Coronavirus on the Way We Live

Kurt Cobain

Apollo’s Arrow

Am I Ugly?

How to Keep Desire and Passion Alive in Long-Term Relationships

The Story of Nirvana

The Book Book

Remembering Kurt Cobain

Come as You Are Sexbook Practical Guide

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.

Based on hundreds of hours of taped interviews, this book about the Kennedy years and the making of the Peace Corps reconstructs the story of General James Gavin, the originator of the Peace Corps idea, and Sargent Shriver, who made Gavin’s idea into a reality.

In Here We Are Now: The Lasting Impact of Kurt Cobain, Charles R. Cross, author of the New York Times bestselling Cobain biography Heavier Than Heaven, examines the legacy of the Nirvana front man and takes on the question: why does Kurt Cobain still matter so much, 20 years after his death? Kurt Cobain is the icon born of the 90s, a man whose legacy continues to influence pop culture and music. Cross explores the impact Cobain has had on music, fashion, film, and culture, and attempts to explain his lasting and looming legacy.

“Deep Cover Captured, tortured, and nearly executed – . . . just another day on the job for Logan Chambliss and Dragon One. Their mission: clean up a highly sensitive mess the CIA made in Venezuela involving the country’s marked vice president. Too bad the plan went belly up--then downhill with the appearance of a gutsy, gorgeous, take-it-or-leave-it female Logan just happens to know intimately. And who should be dead . . . Tessa Carlyle should never have answered the phone. There she was, going native in Fiji for her job as a National Geographic location scout when a voice from her past crashes her perfect life. Threatened with blackmail, her only choice is to help a man she despises--to help a man she never forgot. But her unlikely resurrection puts her directly in the crosshairs of a ruthless killer. . . . From the rain forests of Venezuela to the streets of Caracas, Logan and Tessa will have to negotiate a twisted trail of deceit and betrayal. At stake is the fate of two nations and a deadly threat that could kill millions. . . .”

Did you know that the clitoris has 8000 nerve endings, twice as many as the penis? Here is everything you’ve wondered about the female orgasm and how to make it happen. A witty, well-researched and revealing guide to giving your lover an orgasm every time. More than just foreplay, Ian Kermer argues that oral sex is the key to a great sex life for both partners. Short sections cover philosophic technique, step-by-step instructions and detailed anatomical information, essential to both beginners and experienced lovers.’’It’s time to close the sex gap and create a level playing field in the exchange of pleasure, and cummiling is far more than just a means for achieving this noble end: It’s the cornerstone of a new sexual paradigm, one that exuberantly extols a shared experience of pleasure and intimacy, respect and contentment. It’s also one of the greatest gifts of love a man can bestow upon a woman.” Ian Kermer

In today’s world of supplements, celebrity diets and social media, it’s very easy to be hard on ourselves about the way we look. With all this pressure to strive for “perfection” aesthetically, it is easy to forget how damaging this can be psychologically. Michelle Elman is a leading part of the body positivity movement that has been gathering momentum to liberate people from these unrealistic standards, and recognise that all bodies are equally valuable and broaden the billboard definitions of beauty. Am I Ugly? is this inspiring woman’s compelling and deeply personal memoir that describes her childhood experiences of life-threatening health problems, long stays in hospital and fifteen complex surgeries that left her scarred, both mentally and physically. The narrative follows Michelle’s journey from illness to health, and from childhood to adulthood as she deals with her body-confidence issues to embrace both her scars and her body – and help others to do the same. This remarkable book grapples with the wider implications of Michelle’s experiences and the complex interplay between beauty and illness. Michelle Elman is Bo-Po personified. She shows that we should never hide the things that make us who we are’ Curvy Kate. A 21-year-old life coach in London has become an Instagram star and viral inspiration after sharing her bikini photos and an inspiring video. It’s News. Michelle’s post has certainly made an impact on so many people who needed a pick-me-up, and we just hope that anyone else feeling insecure due to their clothes sizes somehow find themselves scroll onto her post, too’ Metro.

The world’s leading expert on habit formation shows how you can have a happier, healthier life: by starting small. Myth: Change is hard. Reality: Change can be easy if you know the simple steps of Behavior Design. Myth: It’s all about willpower. Reality: Willpower is fickle and finite, and exactly the wrong way to create habits. Myth: You have to make a plan and stick to it. Reality: You transform your life by starting small and being flexible. BJ FOGG is here to change your life--and revolutionize how we think about human behavior. Based on twenty years of research and Fogg’s experience coaching more than 40,000 people, Tiny Habits cracks the code of habit formation. With breakthrough discoveries in every chapter, you’ll learn the simplest proven ways to transform your life. Fogg shows you how to make your goals achievable, and how to stay motivated, day after day.

A groundbreaking look at improving desire, arousal, and sexual satisfaction through mindfulness. Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common--and the most distressing. And when sex suffers, so do all other areas of life. But it doesn’t have to be that way. In Better Sex Through Mindfulness, acclaimed psychologist and sex researcher Lori A. Brotto, offers a groundbreaking approach to improving desire, arousal, and satisfaction inside--and outside of--the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, reliable book, she explores the various reasons for sexual problems, such as stress and increased multitasking, and tells the stories of many of the women she has treated over the years. She also provides easy, effective exercises that readers can do on their own to increase desire and sexual enjoyment, whether their goal is to overcome a sexual difficulty or simply give their love life a boost.

An Open Invitation from the Heart of God

Come as You are

Sermos on the Lord’s Supper

This Is a Call

Mind The Gap

The Surprising New Science that Will Transform Your Sex Life

The Lasting Impact of Kurt Cobain

Tiny Habits

The Changes That Change Everything

Come as You Are

Serving The Servant: Remembering Kurt Cobain

A new, practical workbook from the New York Times bestselling author of Come As You Are that allows you to apply the book’s groundbreaking research and understanding of why and how women’s sexuality works to everyday life. In the twentieth century, women’s sexuality was seen as “Men’s Sexuality Lite”: basically the same, but not quite as good. From genital response to sexual desire to orgasm, we just couldn’t understand that complicated, inconsistent, crazy-making lady business. . . . That is, until Emily Nagoski changed the game with her New York Times bestseller, Come As You Are. Using groundbreaking science and research, she proved that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they’re organized, but how you feel about them. Which means that things like stress, mood, trust, and body image are not peripheral factors in a woman’s sexual wellbeing; they are central to it, and that even if you don’t always feel like you are, you are already sexually whole. Nagoski’s book changed countless women’s lives and now she offers the next step. The Come As You Are Workbook is a practical companion to this bestselling guide, filled with new activities, prompts, and thought-provoking examples to help you exercise and expand on the knowledge you’ve learned. This collection of worksheets, journaling prompts, illustrations, and diagrams is a practical and engaging companion for anyone who wants to further their understanding of their own bodies and sex lives.

Here is the first biography to explore, with unflinching and shocking detail, the drama that formed this troubled, tragic rock star. Neither an apology nor a condemnation, it presents a vivid insider’s view of the life and death of a man who galvanized a generation and gave birth to the “grunge” revolution. Sandford portrays the provocative, small-town rebel with the talent of a John Lennon, and then shows him at work on concert stages in Seattle, New York, and London. Readers follow the struggles of Cobain’s emotional life - his tumultuous relationships with family and the band members in Nirvana, his drug addiction and sexual appetite, his stormy marriage to Courtney Love, and the birth of his daughter who, as Cobain wrote in his suicide note, “reminds me too much of who I used to be”. During his childhood, Christopher Sandford had access to Cobain’s family, his colleagues, Charles Peterson (whose photos Cobain credited with popularizing grunge), his former friends and lovers, and even the author William S. Burroughs, whom Cobain considered to be his own “greatest influence”. The result is a graphic account of the life that led to that final day in April 1994, when Cobain turned a shotgun on himself and became a martyr to disaffected youth around the world.

On narrative and sexuality.

how [feel good](#)
10,000 hits follows the intertwining stories of three women from vastly diverse cultures searching for personal peace in post-genocide Rwanda. Lillian Carlson, an African-American civil rights activist now in her early 50s, traveled to Africa from Atlanta in 1970 to grieve the assassination of Martin Luther King Jr. She dreamed of bettering the world, one child at a time, with an orphanage in Rwanda’s rift valley. Three decades later, in New York City, Rachel Shepherd, a white bartender in her mid-30s, lost and looking for her purpose in life, embarks on a journey to find the father who abandoned her as a child during the 1994 Rwandan genocide. When Rachel travels to Rwanda, searching for her father, she finds Lillian and a young Rwandan woman with secrets that bind her to Rachel’s father. Together, they all discover something unexpected: grace when there can be no forgiveness.

An experimental narrative poem exploring themes of sadness, grief, loss, madness, exile, and hope.

"This book is a gift. I've been practicing their strategies, and it's totally game-changer." Brené Brown, PhD, author of the #1 New York Times bestseller DARE TO LEAD This groundbreaking book explains why women experience burnout differently than men - and provides a simple, science-based plan to help women minimize stress, manage emotions and live a more joyful life. The gap between what it's really like to be a woman and what people expect women to be is a primary cause of burnout, because we exhaust ourselves trying to close the spaces between them. How can you 'love your body' when everything around you tells you you're inadequate? How do you 'lean in' at work when you're already giving 110% and aren't recognized for it? How can you live happily and healthily in a world that is constantly telling you you're too fat, too needy, too noisy and too selfish? Sisters Emily Nagoski, Ph.D., the bestselling author of Come as You Are, and Amelia Nagoski, DMA, are here to help end the cycle of overwhelm and exhaustion, and confront the obstacles that stand between women and well-being. With insights from the latest science, prescriptive advice, and helpful worksheets and exercises, Burnout reveals: "what you can do to complete the biological stress cycle - and return your body to a state of relaxation." how to manage the "monitor" in your brain that regulates the emotion of frustration." how the Bikini Industrial Complex makes it difficult for women to love their bodies, and how to fight back. " why rest, human connection, and befriending your inner critic are key to recovering from and preventing burnout. Eye-opening, compassionate and optimistic, Burnout will completely transform the way we think about and manage stress, empowering women to thrive under pressure and enjoy meaningful yet balanced lives. All women will find something transformative in these pages - and be empowered to create positive and lasting change.

G. Scott Graham first started practicing vipassana meditation in 1996. In addition to his daily practice, Scott joined 10-day courses twice each year, whenever possible, alternating between sitting and serving. Scott joined a course on December 11, 2019. On the early hours of Sunday, December 22, 2019, the day Scott's course ended, his husband of 31 years, Brian Stephens, burned to death in a horrific automobile accident. Two months later, because of the COVID-19 pandemic, the world essentially shut down. In this book, Scott shares his successes, struggles, insights, and shifts from more than a year of grieving-in-isolation. A year where n p na-sati, vipassan -bh van and most importantly, mett -bh van became his most important allies. Most of the people who initially provided support to Scott moved on, as they often do, from those who are grieving. More than an inspirational memoir, "Come As You Are" provides pragmatic guidance for those who are actively experiencing loss and grief. The reader will find techniques, strategies, and resources. Scott has also chosen to include a month from his personal diary, raw and unedited. An often emotional, heart-wrenching journal where he explored his grief, Scott's intention is to validate the experiences of others who are grieving and to empower them to integrate grief and carry it forward in their life. May all beings be happy. May all beings live with ease. May all beings be at peace.

I couldn't have scripted a more perfect night. For one fantastic evening, at a masquerade party in the heart of Manhattan, I met not the millionaire everyone wants a piece of, Fine—multimillionaire. But who’s counting all those commas? Not me, and not the most intriguing woman I’ve ever met, who happens to like dancing, witty banter, and hot, passionate up-against-the-wall sex as much as I do. There’s no need for names or business cards. And that’s why I’m eager to get to know her. Who is this mystery woman seems to like me for me, rather than for my huge . . . bank account. Everything’s coming up roses. Until the next day when things get a little complicated. (Newsflash—a lot complicated.) * * * He’s charming, brilliant, an incredible lover, and right now I want to stab fate in the eyeballs. I’ve had one goal I’ve been working toward, and to end behold, my mystery man is the very person who stands between me and my dream job. A job I desperately need since my hard-knock life has nothing in common with his star-kissed one. But it’s time to put that fairytale night behind me, and focus on learning what makes him tick. Too bad it turns out his quirks are my quirks, and his love affair with New York matches mine. And as we spend our days together, I discover something else that feels like a cruel twist of fate—I’m falling for this naughty prince charming, and that’s not an ending! I can write to our story.

Come As You Are by Emily Nagoski (Summary)

Revelation

Mating in Captivity

Harnessing the Power of the Present to Cultivate Desire

Period

The Thinking Man's Guide to Pleasing a Woman

A Short Novel and Nine Stories

The vulva and the vagina - separating the myth from the medicine

The Vagina Bible

Here We Are Now

The truth about desire and how to futurproof your sex life

When you love someone, how does it feel? And when you desire someone, how is it different? In *Mating in Captivity*, Esther Perel looks at the story of sex in committed couples. Modern romance promises it all - a lifetime of togetherness, intimacy and erotic desire. In reality, it's hard to want what you already have. Our quest for secure love conflicts with our pursuit of passion. And often, the very thing that got us to into our relationships - lust - is the one thing that goes missing from them. Determined to reconcile the erotic and the domestic, Perel explains why democracy is a passion killer in the bedroom. Argues for playfulness, distance, and uncertainty. And shows what it takes to bring lust home. Smart, sexy and explosively original, *Mating in Captivity* is the monogamist's essential bedside read.

THE EXPLOSIVE INVESTIGATION INTO THE DEATH OF KURT COBAIN, Friday, 8th April 1994. Kurt Cobain’s body was discovered in a room above a garage in Seattle. For the attending authorities, it was an open-and-shut case of suicide. What no one knew was Cobain had been murdered. That April, Cobain went missing for several days, or so it seemed; in fact, some people knew where he was, and one of them was Courtney Love. This explosive crusade for the truth paints a portrait of Love, and reveals for the first time the case tapes made by Love’s own private investigator who was on a mission to find the truth about Cobain’s death.

Communism is an inexhaustible mystery — a gift of God’s grace. Yet because it is familiar we sometimes take it for granted. Alex Gandola explores the wonder of the Lord’s Supper in these captivating and well-illustrated sermons.

In early 1991, top music manager Danny Goldberg agreed to take on Nirvana, a critically acclaimed new band from the underground music scene in Seattle. He had no idea that the band’s leader, Kurt Cobain, would become a pop-culture icon with a legacy arguably at the level of John Lennon, Michael Jackson, or Elvis Presley. Danny worked with Kurt from 1990 to 1994, the most impactful period of Kurt’s life. This key time saw the stratospheric success of Nevermind turn Nirvana into the most successful rock band in the world and make punk and grunge household names; Kurt met and married the brilliant but mercurial Courtney Love and their relationship became a lightning rod for critics; their daughter Frances Bean was born; and, finally, Kurt’s public struggles with addiction ended in a devastating suicide that would alter the course of rock history. Throughout, Danny stood by Kurt’s side as manager, and close friend. Drawing on Nabur’s own memories of Kurt, files which previously have not been made public, and interviews with, among others, Kurt’s close family, friends and former bandmates, *Serving the Servant* sheds an entirely new light on these critical years. Casting aside the common obsession with the angst and depression that seemingly drove Kurt, *Serving the Servant* is an exploration of his brilliance in every aspect of rock and roll, his compassion, his ambition, and the legacy he wrough out — one that has lasted decades longer than his career did. Danny Goldberg explores what it is about Kurt Cobain that still resonates today, even with a generation who wasn’t alive until after Kurt’s death. In the process, he provides a portrait of an icon unlike any that have come before.

"This book taught me so much about female desire. A must read!" Cheryle Healey Do you know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In *Mind The Gap*, Dr Karen Guernsey, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most important new science around sex and desire. In this book, you will learn that nearly everyone who wants to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science tells us, *Mind The Gap* also explains how this disconnect lies at the root of many of our sexual problems.

Combining science with case studies, practical exercises and tips, this is a book for anyone who wants to better understand the mechanics of desire and futurproof their sex life, for life. Ivan just wanted the bullying to stop. Now his best friend is evil. Ivan Stein isn't sure he can survive seventh grade, let alone middle school. Living in a town known for its poverty and violence, he is regularly bullied along with his best friend, Ollie. But fortunes can change. One day, Ivan finds an old notebook in an abandoned locker at school. Despite a stark warning, he takes the book and unleashes powerful magic he can use to punish his enemies. But demonic forces control the book's pages—a terrifying evil that will inflict suffering on the good as well as bad and take Ivan's soul as payment. Life is hard, and people get hurt. But for Ivan, some things are better left alone. Also in this collection . . . “Nailed It!” “Born in the Throat!” “I’ve Been Better” “A Proper Revenge Takes Time” “Something to Hold” “The Widow and Her Magician” “Walker” “What Reviewers Are Saying.” “Ivan’s innocent and unwitting flirtation with the demonic is first-rate supernatural horror. Ramirez’s characters are beautifully defined, particularly Ivan and Hershey, the school janitor, who turns out to be much more than that. His plot is beautifully scripted and the suspense and supernatural dread emanating throughout this story make it impossible to put down until the last page is read.” —Readers’ Favorite “A chilling YA horror novella. There is no telling what direction this novella is going to swing, as the surprises come quickly. Come As You Are is successful at sending chills down your spine over the course of a fast and enjoyable read.” —Self-Publishing Review “Out of all the elements I liked about the collection, it is the character display that stood out the most. Ramirez truly is a master at bringing his cast to life, and then binding them into a cohesive story.”

Featuring 30 types of breasts, The Boob Book is an illustrated celebration of womanhood and the boobs that come with it. Scattered throughout are boob miscellany: a boob personality flow chart, boob facts, boob self-care tips, a roundup of bras, types of nipples, a boob dooche, and illustrated ways we show off the goods. This joyful boob features breasts of all colors and sizes—from “The Handful!” to “The Mom-To-Be” to “The Small but Mighty”—showing women that every boob type is weird, beautiful, and natural. • An illustrated love letter to a girl’s breast firm! • Filled with fun and interactive boob-related miscellany, like a boob personality test (are you a “Chillaxer” or a “Handful”?), boob facts, and breast self-care tips • Light, celebratory, and a little cheeky—but ultimately serious Let’s hear it for our bosom buddies. Our mammary mammas, our breasts-in-arms. From small and mighty to large and in charge to long, short, hairy, bumpy, or any boobs in between, this book uplifts them all. • A perfect book for women of all generations—from friends to mothers and daughters—or anyone who wants to send some extra support and love to their ladies • Ideal for anyone who needs a boob-size boost • Great for those who enjoyed Feminist Activity Book by Gemma Correll, Celebrating You: (And the Beautiful Person You Are) by M. H. Clark, and Gross Anatomy: Dispatches from the Front (and Back) by Mara Altman

A reminder of the most important things in life. A book of hope for uncertain times. Enter the world of Charlie’s four unlikely friends, discover their story and their most poignant life lessons. Charlie’s first book includes his most-loved illustrations and new ones too. The conversations of the boy, the mole, the fox and the horse have been shared thousands of times online, recreated in school art classes, hung on hospital walls and turned into tattoos. “A wonderful work of art and a wonderful window into the human heart” Richard Curtis

Sexuality and Narrative

Love & Death

Art of the 1990s

In the Shadow of 10,000 Hills

Come As You Are

The Surprising New Science That Will Transform Your Sex Life

Meditation & Grief

The Murder of Kurt Cobain

Burnout

The Come as You Are Workbook

A Practical Guide to the Science of Sex

Nirvana came out of nowhere in 1991 to sell nearly five million copies of their landmark album Nevermind, whose thunderous sound and indelible melodies embodied all the confusion, frustration, and passion of the emerging Generation X. Come As You Are is the close-up, intimate story of Nirvana — the only book with exclusive in-depth interviews with bandmembers Kurt Cobain, Krist Noveselic, and Dave Grohl, as well as friends, relatives, former bandmembers, and associates — now updated to include a new final chapter detailing the last year of Kurt Cobain’s life, before his tragic suicide in April 1994.

This guide “Come as You Are Sexbook Practical Guide: A Practical Guide to Hit the G-Spot and Make Her Ejaculation in 5 Minutes with Light On/Off for Beginners, Senior” will teach you about your body, and will help you discover new ways to get pleasure. As we all know, the Come as You Are Sexbook is to educate for couples, women, but for some women it builds a mind-blowing pleasure once you mastered, understand, even woman’s ejaculation. For some women finding their G spot exploration is very easy, while others find it a little bit difficult and challenging. However, just like some women get much pleasure from stimulation of their breasts, some find G spot stimulation more pleasurable than others. For you to find the elusive G spot, you must study first your body. Most men nowadays are looking for effective ways to provide their partner with the maximum sexual pleasure when they make love. So it is important to truly give your partner what they exactly want and it is important that you learn how to find G Spot in them. By learning with this book, you will provide them with a full sexual experience that they would never thought imaginable with different styles that you don’t know of. In this book, we provide a suitable explanation of what the G Spot is and where it is located in a woman. We provide a great tips and actionable ways, which will help you when it comes to finding your partner’s g-spot. But, it is important to understand that because of women size and location it may take a little time and effort before you can actually find it.Here’s the preview of this book Understanding the G-spot Basic What’s the big fuss about making a Lady squirt anyway? The best way to find the g-spot G-Spot History and Anatomy: Where can I find the Goddamn G-spot How to practice to Orgasm Sexy Positions for G-Spot Stimulation And much more!!!! Scroll up and click the BUY now

Deep Cover Captured, tortured, and nearly executed . . . just another day on the job for Logan Chambliss and Dragon One. Their mission: clean up a highly sensitive mess the CIA made in Venezuela involving the country’s marked vice president. Too bad the plan went belly up--then downhill with the appearance of a gutsy, gorgeous, take-it-or-leave-it female Logan just happens to know intimately. And who should be dead. . . Tessa Carlyle should never have answered the phone. There she was, going native in Fiji for her job as a National Geographic location scout when a voice from her past crashes her perfect life. Threatened with blackmail, her only choice is to help a man she despises--to help a man she never forgot. But her unlikely resurrection puts her directly in the crosshairs of a ruthless killer. . . . From the rain forests of Venezuela to the streets of Caracas, Logan and Tessa will have to negotiate a twisted trail of deceit and betrayal. At stake is the fate of two nations and a deadly threat that could kill millions. . . .

Walsh walks readers through God’s invitation to “come as you are,” not just as you wish you were. Topics include: fear, loneliness, feeling overwhelmed and broken, and crises.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover how you can grow more fully in your sex life as a woman. You will also discover : that your sexuality is influenced and limited by social injunctions; that every woman has a different experience of pleasure; that there are many ways to reach orgasm; that sexual arousal and desire do not always go hand in hand; that desire depends above all on the context in which you find yourself. Female sexuality is marred by a lot of preconceived ideas. It has long been studied, wrongly, in comparison with male sexuality. However, it is neither more complex nor more psychological than that of men, because each person is different without being abnormal. Therefore, you don't have to worry about your sex life, your lack of desire or pleasure, etc. It is by taming your own way of functioning that you will be able to transform your sexual life! *Buy now the summary of this book for the modest price of a cup of coffee!

She Comes First

SUMMARY - Come As You Are (The Surprising New Science That Will Transform Your Sex Life) By Emily Nagoski

Better Sex Through Mindfulness

Hamlet

The Boy, The Mole, The Fox and The Horse

The Peace Corps Story

Come As You Are: Revised and Updated

The Life and Times of Dave Grohl