



# Sex Life: How Our Sexual Encounters and Experiences Define Who We Are

*Dr Pamela Stephenson Connolly*

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When did your sexual experiences start? Are you having more virtual sex than real sex? Can you have too much or not enough sex? What exactly is 'normal'? Bestselling author and leading sex therapist, Pamela Stephenson-Connolly takes us on an eye-opening journey to explode the myths and answer the embarrassing questions we've always wanted to ask about sex and our insatiable appetite for it. Drawing on hundreds of intimate interviews with ordinary people of all ages, appetites and backgrounds, Stephenson-Connolly reveals how the ever-present sexual force in each of us evolves throughout our lives, from our first months in the womb up right until our nineties. She also shows that there is no such thing as 'normal' and that anything goes when it comes to sex as long as it is safe, sane and consensual. The result is an intimate portrait of our sexual selves that dispels the myths, guilt and mystery surrounding sex and our sexual urges. Hugely informative, always entertaining and at times shocking, this is arguably one of the most enlightening books on sex ever published.

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