



### **Emily Nagoski**

Emily Nagoski, Ph.D., has been a sex, relationship, and mental health educator for more than twenty years, including eight years as the Director of Wellness Education at Smith College, the largest women's college in the country and one of the historic Seven Sisters. She is the author of the *New York Times* bestseller *Come As You Are: the surprising new science that will transform your sex life* (Simon & Schuster, 2015) and, as Emily Foster, of the fiction duology, *How Not to Fall* (Kensington, 2016) and *How Not to Let Go* (Kensington, 2017). *How Not to Fall* was recognized by BookRiot as a "Best book of

2016 So Far." She is also Amelia Nagoski's identical twin sister and co-author of their forthcoming book on the art and science of women's wellbeing, *Burnout* (Simon & Schuster, 2018)



### **Amelia Nagoski**

Amelia Nagoski, D.M.A., is assistant professor of music at Western New England University and a recovering burnt out public school teacher. She holds a DMA in conducting from University of Connecticut, MM in choral conducting from Westminster Choir College, BM in music education from the University of Delaware, and is a certified Tai Chi practice leader. She is a contributing author to *Teaching Music Through Performance in Choir, Vols. II and III*, *Evoking Sound: The Choral Rehearsal*, and a Medium "Top Writer" in the category of Feminism. She is also Emily Nagoski's identical twin sister,

and co-author of their forthcoming book on the art and science of women's wellbeing, *Burnout* (Simon & Schuster, 2018). The skills and science presented in this workshop literally saved her life.