

## Short Bio for Dr. Tammy Nelson

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Dr. Tammy Nelson is a nationally recognized sex and relationship expert, an international speaker, an author and a licensed psychotherapist with over 25 years of experience working with individuals and couples. She is in private practice and is the author of several respected books and many articles and chapters.

Dr. Tammy is the author of "*Getting the Sex You Want; Shed Your Inhibitions and Reach New Heights of Passion Together*" (2008) also released in paperback in 2012, as well as "*What's Eating You? A Workbook for Anorexia and Bulimia* (2004)" Her latest book is "*The New Monogamy; Redefining Your Relationship After Infidelity*" (January 2013), and her upcoming "*The Naked Therapist*"™ is currently under negotiation. She is also working on a new book, "*The Future of Marriage*."©

She has been a featured expert in *New York Times*, *Wall Street Journal*, *Rolling Stone Magazine*, *Washington Post*, *Self*, *Glamour Magazine*, *Cosmopolitan*, *Redbook*, *MSNBC*, *Men's Health*, *Woman's Day*, *Women's Health*, *The Sun*, and a source in *Time Magazine*. She is on the Board of the *Men's Fitness Magazine* Advisory Board and a regular contributor to their sex column.

She writes for the *Psychotherapy Networker* and is a blogger for *HuffingtonPost*. She can be followed on her blog [www.drtaammynelson.com/blog/](http://www.drtaammynelson.com/blog/).