

## JOINT BIO FOR PR + PRESS

Dr. Cara Natterson is a pediatrician and *New York Times* bestselling author of ten books including [The Care and Keeping of You](#) series. Vanessa Kroll Bennett is a national bestselling author and puberty educator. Together, they are two of the most trusted voices on puberty. They co-host This Is So Awkward Podcast and run [Less Awkward](#), the first company aimed at making puberty more comfortable with a membership for parents, an innovative health and sex ed curriculum for schools, and game changing [products](#).

Their bestselling book, [THIS IS SO AWKWARD: Modern Puberty Explained](#), was an instant hit and has been featured on Good Morning America, CBS Mornings, The Drew Barrymore Show and Morning Joe, and in The New York Times, Associated Press, The Washington Post, The Boston Globe, Katie Couric Media, Oprah Daily, and PEOPLE magazine, among many others. Their products were recently hailed by the *New York Times*' Wirecutter as some of the best for puberty.

Cara and Vanessa speak to audiences across the country, using science and humor to encourage open (albeit awkward) conversations – a relatable, reliable approach to help keep kids safe and healthy. They don't just hand out this advice; they live it: between them they are raising six teenagers.

## JOINT BIO FOR SCHOOLS + PODCASTS

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## CARA'S SOLO BIO

Dr. Cara Natterson is a leading voice in puberty and adolescent health. A pediatrician, speaker, and the co-host of the This Is So Awkward podcast, she is the author of ten books including the bestselling [This Is So Awkward: Modern Puberty Explained](#) and the *New York Times* bestselling [The Care and Keeping of You](#) series. When her own kids started puberty, Cara founded [Less Awkward](#), the first company aimed at making this stage of life more comfortable with product and content. Cara graduated from Harvard college and Johns Hopkins Medical School, trained at UCSF, and lives in Los Angeles.

## **VANESSA'S SOLO BIO**

Vanessa is a national bestselling author and puberty expert who helps adults navigate uncertainty while supporting the kids they love. She is co-author of the national bestselling book [This Is So Awkward: Modern Puberty Explained](#), co-host of the This Is So Awkward podcast, and President of Content at [Less Awkward](#). Vanessa was founder of [Dynamo Girl](#), a company focused on building kids' self-esteem through sports and puberty education. A graduate of Wellesley College, Vanessa holds a Masters in Jewish History, but perhaps her most important schooling comes from raising her own four children, ages 13 to 21.