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Bestselling author Rachel Simmons exposes the myth of the Good Girl, empowering girls to discover their true selves

THE CURSE OF THE GOOD GIRL



In *The Curse of the Good Girl*, bestselling author Rachel Simmons argues that girls are pressured to embrace a version of selfhood that sharply curtails their power and potential. Unerringly nice, polite, modest, and selfless, the Good Girl is a paradigm so narrowly defined that it's unachievable. When girls inevitably fail to live up—experiencing conflicts with peers, making mistakes in the classroom or on the playing field—they are paralyzed by self-criticism, stunting the growth of vital skills and habits. The curse touches all areas of girls' lives and follows many into adulthood, limiting their personal and professional potential. Simmons traces the poisonous impact of Good Girl pressure on girls' development and provides a catalog of tangible lessons in bolstering the self.

The Curse of the Good Girl is a call to arms from a new front in female empowerment, arguing that the most critical freedom we can win for our daughters is the liberty not only to listen to their inner voice, but to act on it.

Catch Rachel Simmons on Tour

Friday, September 25
7:00 PM

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Photo courtesy of the author

Rachel Simmons is the author of *The New York Times* bestseller *Odd Girl Out: The Hidden Culture of Aggression in Girls*, the first book to explore the phenomenon of bullying among girls. A national expert on girls, Simmons began studying female aggression at Oxford University as a Rhodes Scholar. She is the founding director of the Girls Leadership Institute and has appeared on *The Oprah Winfrey Show*, *The Today Show*, *Dateline NBC*, and other national programs.

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