

RACHEL SIMMONS

Rachel Simmons' Student Audience Bio

Rachel Simmons is the author of *Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy and Fulfilling Lives*, and the New York Times bestsellers *Odd Girl Out* and *The Curse of the Good Girl*.

Rachel and her daughter live in Massachusetts with Charlie, a rescue dog who is part greyhound and part yellow lab. Rachel and Charlie are avid trail runners.

One of Rachel's favorite things to do is make people laugh. She loves karaoke, dance parties, and chocolate chip cookies. She quotes regularly from Beyonce, Jay-Z, Kelly Clarkson and Lorde during her assemblies and wishes she could text entirely in gifs. As a lifelong learner, Rachel loves trying new things, partly because it helps keep her "failure muscle" strong.