

RACHEL SIMMONS

Rachel Simmons' Formal Bio

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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*](#). As an educator, Rachel teaches girls and women skills to build their resilience, amplify their voices, and own their courage so that they—and their relationships—live with integrity and health.

The cofounder of national nonprofit [Girls Leadership](#), she is an experienced curriculum writer and educator. She is currently the Director of the Phoebe Lewis Leadership Program at Smith College. Rachel has served as a national spokesperson for the Always #LikeAGirl and Keds Brave Life Project campaigns, and consults nationally on women's professional development.

Rachel was the host of the PBS television special, "A Girl's Life," and her writing has appeared in the Washington Post, Atlantic, Slate, and The New York Times. Rachel serves as a parenting expert for Good Morning America and appears often in the national media. *Odd Girl Out* was adapted into a highly acclaimed Lifetime television movie. Rachel lives in Western Massachusetts with her daughter.

For more information, please visit www.rachelsimmons.com.