

# RACHEL SIMMONS

## Rachel Simmons' Formal Bio

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

As a leadership development expert and coach, Rachel helps people build their resilience, amplify their voices, and own their own courage. Rachel serves on the faculty of the Google School for Leaders, is an associate with Cultivating Leadership, and was until recently the Director of the Phoebe Lewis Leadership Program at Smith College. She is co-founder of the national nonprofit [Girls Leadership](#), and her writing has appeared in the Washington Post, Atlantic, Slate, and The New York Times.

An ABC News Contributor for Good Morning America, Rachel appears often in the national media. She lives in Western Massachusetts with her daughter.

For more information, please visit [www.rachelsimmons.com](http://www.rachelsimmons.com).