



# The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence

*Rachel Simmons*

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**The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence** Rachel Simmons  
Read about Rachel Simmons work with girls in *The New York Times*. Lessons in breaking the curse of the good girl—from the bestselling author of *Odd Girl Out*

Rachel Simmons argues that in idealizing the "good girl"—unerringly nice, polite, modest, and selfless—we teach girls to embrace a version of selfhood that curtails their power and potential.

Drawing on the exercises Simmons herself uses in her work with girls, parents, and educators, *The Curse of the Good Girl* provides a catalog of practical strategies to foster girls' assertiveness, resilience, and integrity. At the core of Simmons's radical argument is her belief that the most critical freedom we can win for our daughters is the liberty not only to listen to their inner voice but also to act on it.

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