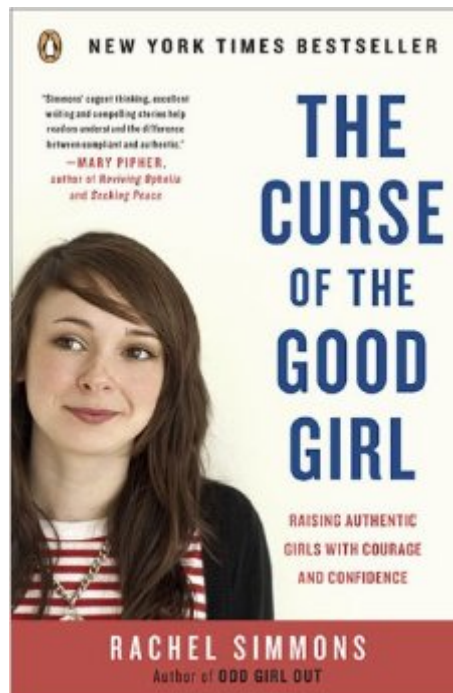


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The Curse Of The Good Girl: Raising Authentic Girls With Courage And Confidence



Synopsis

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. [Watch a Video](#)

Book Information

Paperback: 288 pages

Publisher: Penguin Books; Reprint edition (August 31, 2010)

Language: English

ISBN-10: 014311798X

ISBN-13: 978-0143117988

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 9.1 ounces ([View shipping rates and policies](#))

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (29 customer reviews)

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Customer Reviews

I have been reading this book for several months. I keep finding new truths that remind me of my personal journey, through self exploration and through life. Most exceptional, is how much of what this author speaks of that can be applied to SO many women- women I know, women I'm related to, women with whom I work, women whose work I've read, women I treat as patients. I feel that most all women of this time and place could find something relatable in this discussion. The book is an exploration of the complicated messages girls are receiving from society, from their families, from their teachers and from their friends. To be a "good girl", we must honor others' feelings before our own, diminish our grievances to avoid conflicts, avoid confrontation so as not to seem mean spirited, and thus promote dishonesty with each other and with ourselves. This of course, leads to a

suffocating mix of avoidance and frustration in personal relationships, as well as in professional spheres. How many of us have trembled at the idea of saying "That's not right/fair" or "I'm worth more than that" at work? I know I have. Or in relationships, how many of us cry unabashedly at the first sign of a disagreement, thus negating any rationale resolution or productive further discussion? This author works with girls in leadership workshops that help young women develop their voice and learn ways to communicate that voice more effectively. They learn to develop healthy egos that allow for open communication of their needs/desires/opinions/feelings within all relationships. What an extraordinary concept! That our families of origin, even those who were nurturing, were also leading us to some pretty toxic behavior.

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