



The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence (Paperback)

By Rachel Simmons

Penguin Putnam Inc, United States, 2010. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Bestselling author of Odd Girl Out, Rachel Simmons exposes the myth of the Good Girl, freeing girls from its impossible standards and encouraging them to embrace their real selves In The Curse of the Good Girl, bestselling author Rachel Simmons argues that in lionizing the Good Girl we are teaching girls to embrace a version of selfhood that sharply curtails their power and potential. Unerringly nice, polite, modest, and selfless, the Good Girl is a paradigm so narrowly defined that it s unachievable. When girls inevitably fail to live up-experiencing conflicts with peers, making mistakes in the classroom or on the playing field-they are paralyzed by self-criticism, stunting the growth of vital skills and habits. Simmons traces the poisonous impact of Good Girl pressure on development and provides a strategy to reverse the tide. At once expository and prescriptive, The Curse of the Good Girl is a call to arms from a new front in female empowerment. Looking to the stories shared by the women and girls who attend her workshops, Simmons shows that Good Girl pressure from parents, teachers, coaches, media, and peers...



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