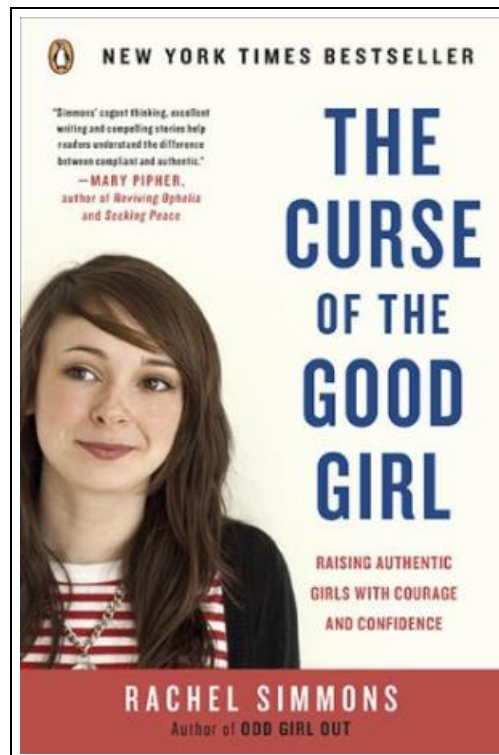


## The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence (Paperback)



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### **Reviews**

*This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).  
(Scottie Schroeder DDS)*

## THE CURSE OF THE GOOD GIRL: RAISING AUTHENTIC GIRLS WITH COURAGE AND CONFIDENCE (PAPERBACK)

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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 erects a psychological glass ceiling that begins to enforce its confines in girlhood and extends across the female lifespan. The curse of the Good Girl erodes girls ability to know, express, and manage a complete range of feelings. It expects girls to be selfless, limiting the expression of their needs. It requires modesty, depriving the permission to articulate their strengths and goals. It diminishes assertive body language, quieting voices and weakening handshakes. It touches all areas of girls lives and follows many into adulthood, limiting their personal and professional potential. Since the popularization of the Ophelia phenomenon, we have lamented...

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