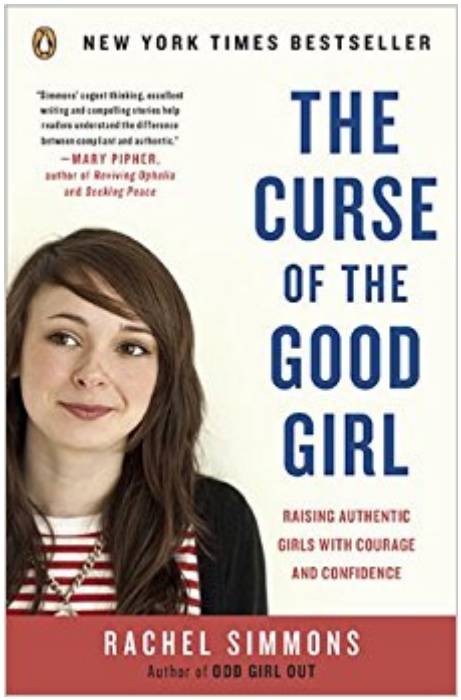
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The Curse Of The Good Girl: Raising Authentic Girls With Courage And Confidence



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Synopsis

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 selvesIn 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 the loss of self-esteem in adolescent girls, recognizing that while the doors of opportunity are open to twenty-first-century American girls, many lack the confidence to walk through them. In The Curse of the Good Girl, Simmons provides a catalog of tangible lessons in bolstering the self and silencing the curse of the Good Girl. 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.

Book Information

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Customer Reviews

In this volume for parents of middle-school daughters, the author of Odd Girl Out observes that girls today still pressure themselves to conform to the old, narrow paradigm of a nice, people-pleasing, rule-following, even-tempered, socially acceptable good girl, shunning the image of a rebellious, proud, socially outrÃƒÂ©, in-charge, outspoken bad girl. To dispel the curse of the good girl, and despite using those familiar, easily misconstrued labels as a touchstone, Girls Leadership Institute founder Simmons offers instructive tales out of school and workshops, revealing that flawed communication rituals and fear of confrontation contribute equally to a girl's belief that it is more important to be liked than to be an individual. In order to become a successful, well-adjusted real girl, she needs to know how to say no to peers, ask for what she needs and express what she thinks. In the second half of this book, parents will find concrete strategies and toolsÃ¢â ¬â •confidence-building exercises that emphasize emotional intelligence, self-evaluations, q&a's, scripts and lots of first-person storiesÃ¢â ¬â •to help guide a girl's growth into a young woman who can respect and listen to her inner voice, say what she feels and thinks, embrace her limits and present an authentic self to the world. (Aug.) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Ã¢â ¬Å“An invaluable guide to girls and those who want to help them.Ã¢â ¬Â•Ã¢â ¬â •Mary Pipher, author of Reviving Ophelia Ã Â Ã¢â ¬Å“Every mother who wants to raise an authentic, courageous girl will be grateful for the clear-headed guidance that Ms. Simmons provides.Ã Â Ã Â When parents ask me for a great book about girl psychology, IÃ Â am going to recommend The Curse of the Good Girl.Ã¢â ¬Â•Ã¢â ¬â •Michael Thompson, Ph.D., coauthor of Raising Cain: Protecting the Emotional Life of Boys Ã Â Ã¢â ¬Å“If you are a parent or an educator and want to know what stops girls from reaching their full potential and what you can do to make sure she does, please read The Curse of the Good Girl. My deepest hope is that girls realize the

importance of what Rachel is saying to them and incorporate it into all of their relationships.Ã¢â ¬Â• Ã¢â ¬â •Rosalind Wiseman, author of Queen Bees and Wannabees Ã Â Ã¢â ¬Å“Simmons is at her best when she helps girls understand that until they know and risk what they really feel and think, they cannot be true leaders.Ã¢â ¬Â•Ã¢â ¬â •Lyn Mikel Brown, author of Packaging Girlhood: Rescuing Our Daughters from MarketerÃ¢â ¬â„¢s Schemes Ã Â Ã¢â ¬Å“Simmons' trenchant cultural critique becomes an essential primer for raising and nurturing healthy resilient girls. An indispensible read for parents, educatorsÃ¢â ¬â •indeed, anyone who cares about young girls!.Ã¢â ¬Â•Ã¢â ¬â •Michael Kimmel, Professor of Sociology, SUNY Stony Brook author of Guyland: The Perilous World Where Boys Become Men Ã Â Ã¢â ¬Å“Rachel Simmons has perceptively laid out the current state of teenage girls in American society. As exciting as their futures can be, some of the same challenges that have held back women's success are still to be found in this newest generation of young achievers. The question is: who will reverse the trend permanently so young women can not only aspire to the same goals as their male counterparts, but will not get shut down along the way by either girls or boys.Ã¢â ¬Â•Ã¢â ¬â •Cathie Black, President of Hearst Magazines and author of Basic Black: The Essential Guide for Getting Ahead at Work (and in Life) Ã Â Ã¢â ¬Å“An amazing array of clear practical strategies for all adults dedicated to raisingÃ Â savvy assertive girls. A must readÃ¢â ¬â •again and againÃ¢â ¬â •for everyone who cares about girls.Ã¢â ¬Â• Ã¢â ¬â •Dr. Catherine Steiner-Adair, author of The Big Disconnect Ã¢â ¬Å“If you care about girls, you will want them to be influenced by the ideas and practices in this outstanding book.Ã¢â ¬Â• Ã¢â ¬â •Maurice J. Elias, Ph.D. Professor of Psychology, Rutgers University and author, Emotionally Intelligent Parenting

Whether you have a daughter or don't, as a woman I highly recommend this book. I gained some very helpful insights for my own life and ideas for how to raise strong daughters.

I've read similar books before. It talks about an important topic, so the main thing bothered me was that it was overly simplistic. It's a great book to introduce you to problems with gender roles, but if you're someone who's familiar with a lot of the research it has way too much fluff.

Great book and extremely important for parents, teachers, coaches, sisters, brothers, and everyone who cares about the happiness and development of girls--and women--to read. The conflict resolution ideas work for adult women as well as for younger women and girls.

Every parent raising a girl should read this. Very important information to know to raise strong young women

This is an excellent book for mothers of daughters. It’s also a great book for anyone who wants to understand the girls and women in their lives--at least those of us who are bound by the idea of our success and worth in the world is contingent on being "good." Highly recommended--gives great information, examples, and actionable advice. A rare parenting book that is chock full of info and not 3x as long as it needed to be to make the point.

Wonderful book. I recommend this for women of all ages. This has helped the way I carry myself in the professional world and in my personal relationships. Well worth it, and I plan to read it again.

Excellent book. Gives a good understanding of teen girl issues. Great tips on helping our girls bWish we had programs like this in Western Australia.

LOVED this book! In fact, I bought 2 more for some girlfriends. Highly recommend it for anyone with young daughters.

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