



**Enough as She Is:  
How to Help Girls Move Beyond Impossible Standards of Success  
to Live Healthy, Happy, and Fulfilling Lives**  
**Rachel Simmons**

*Author, The Curse of the Good Girl, Odd Girl Out, and Enough as She Is*

**Monday, April 30, 2018, 7:00 PM**  
**Regina Dominican High School Auditorium**  
**701 Locust Rd., Wilmette, IL 60091**

Presented by **Family Action Network (FAN)**,  
in partnership with Baker Demonstration School, Chiaravalle Montessori School, Chicago Waldorf School,  
Counseling Center of the North Shore, Countryside Montessori School, Erika's Lighthouse,  
Family Service Center, Family Service of Glencoe, Glencoe D35, Haven Youth and Family Services,  
the Joseph Sears School, the New Trier Parents' Association,  
Regina Dominican High School and the Wolcott School.

This event is **free and open to the public** and will not be taped. Suitable for youth 12+.  
**INFO: [familyactionnetwork.net](http://familyactionnetwork.net)**

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**FOR IMMEDIATE RELEASE: RACHEL SIMMONS**

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**Monday, April 30, 2018, Enough as She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives, 7:00 PM, Regina Dominican High School Auditorium, 701 Locust Ave., Wilmette, 60091.** For many girls today, the drive to achieve is fueled by brutal self-criticism and an acute fear of failure. Though young women have never been more “successful” – outpacing boys in GPAs and college enrollment – they have also never struggled more. On the surface, girls may seem exceptional, but in reality, they are anxious and overwhelmed, feeling that, no matter how hard they try, they will never be smart enough, successful enough, pretty enough, thin enough, popular enough, or sexy enough.

**Rachel Simmons** has been researching young women for two decades, and her research plainly shows that girl competence does not equal girl confidence – nor does it equal happiness, resilience, or self-worth. Ms. Simmons warns that we have raised a generation of young women so focused on achieving that they avoid healthy risks, overthink setbacks, and suffer from imposter syndrome, believing they are frauds. In her latest book, *Enough as She Is*, she argues that young women can do more than just survive adolescence – they can thrive.

Ms. Simmons is the author of the *New York Times* bestsellers *Odd Girl Out* and *The Curse of the Good Girl*, and is the cofounder of **Girls Leadership**, a national nonprofit. She was the host of the PBS television special, “*A Girl’s Life*,” and her writing has appeared in *The Atlantic*, *Slate*, the *Washington Post*, and the *New York Times*.

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