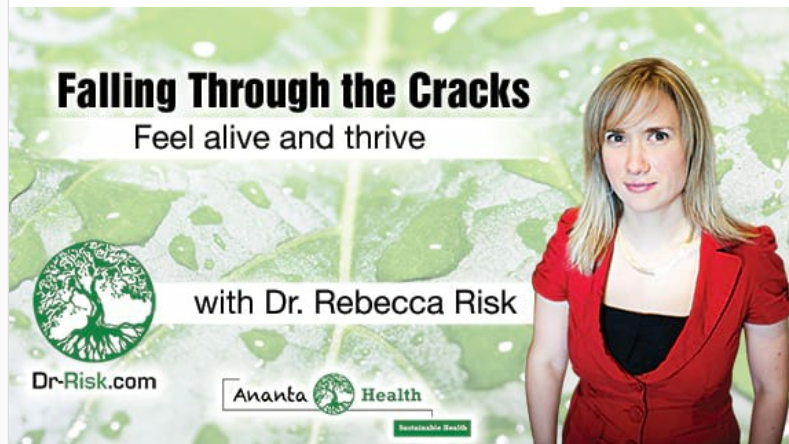


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HEALTH & WELLNESS



Falling Through the Cracks: Feel alive and thrive

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June 18th 2018: Enough As She Is With Rachel Simmons

Our girls today are trying to "have it all." They are mothers, daughters, friends, partners academics, volunteers, professionals and athletes, and must be the best of the best. What we aren't talking about is the toll this pressure is taking on them, and what they can do about it. In her book "Enough as She Is," Rachel Simmons is bringing to light the stress and pressure girls are under, and how we can change that as parents, and as a society.



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Featured Guest



Rachel Simmons

Rachel Simmons is the author of the New York Times bestsellers *Odd Girl Out: The Hidden Culture of Aggression in Girls*, and *The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence*.

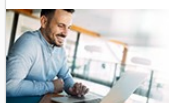
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