
**About the author:** Rachel Simmons studied political science and women's studies at Vassar. Research conducted while she was a Rhodes Scholar at Oxford University led her to write this book.

**Summary:** Cultural influences lead adolescent girls to be nice, reserved, and friendly and—above all—to avoid conflicts. But, when girls are unable to experience and full express their feelings—anger, jealousy, competitiveness and other, negative and troublesome emotions—they can become ill and/or depressed. Some girls may become bullies who target other girls for emotional and, sometimes, physical abuse. Adolescent girls behave like bullies, according to Simmons, because they learn that direct expressions of anger are wrong. Thus, these girls have little choice but to resort to meanness. Other influences, such as family problems may lead some teen girls to act out their aggressive feelings on others. Parents, too, model bullying behaviors and may, deliberately or inadvertently, reinforce such behaviors in their daughters.

**Reviewer:** Kaysie Anderson holds a B.A. degree with an emphasis in interior architecture. She a former graduate student at Northern Illinois University in art education.