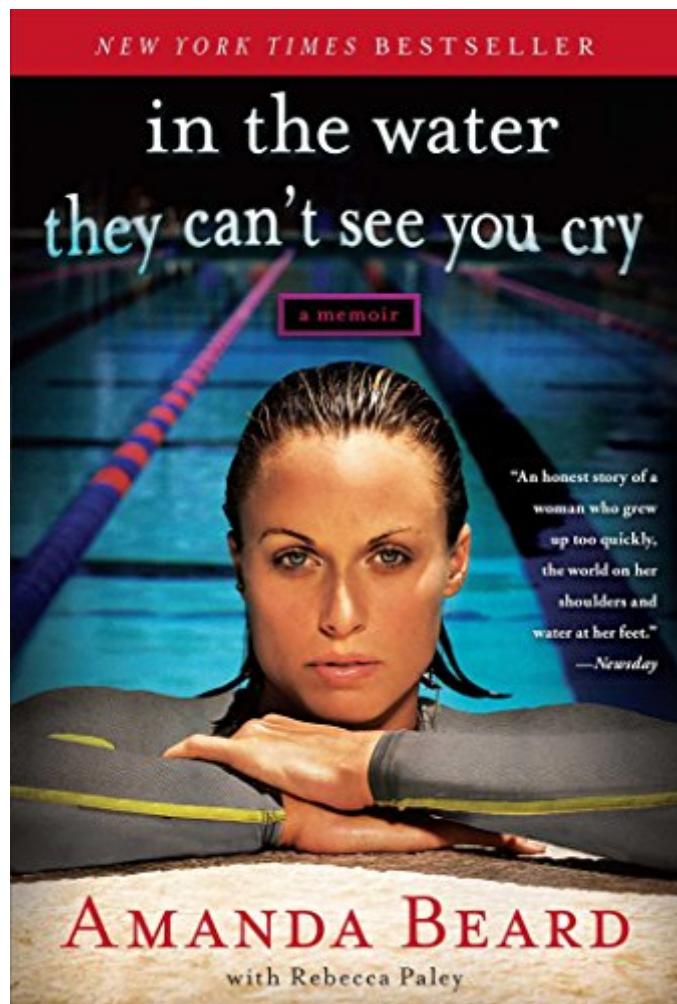


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# In The Water They Can't See You Cry: A Memoir



## **Synopsis**

In this candid and ultimately uplifting memoir, Olympic medalist Amanda Beard reveals the truth about coming of age in the spotlight, the demons she battled along the way, and the newfound happiness that has proved to be her greatest victory. At the tender age of fourteen, Amanda Beard walked onto the pool deck at the Atlanta Olympics carrying her teddy bear, Harold, and left with two silvers and a gold medal. She competed in three more Olympic games, winning a total of seven medals, and enjoyed a lucrative modeling career on the side. At one point, she was the most downloaded female athlete on the Internet. Yet despite her astonishing career and sex-symbol status, Amanda felt unworthy of all her success. Unaware that she was suffering from clinical depression, she hid the pain beneath a megawatt smile. With no other outlet for her feelings besides the pool, Amanda expressed her emotions through self-destructive behavior. In her late teens and twenties, she became bulimic, abused drugs and alcohol, and started cutting herself. Her low self-esteem led to toxic relationships with high-profile men in the sports world. No one, not even her own parents and friends, knew about the turmoil she was going through. Only when she met her future husband, who discovered her cutting herself, did Amanda realize she needed help. Through her renewed faith in herself; the love of her family; and finally the birth of her baby boy, Blaise, Amanda has transformed her life. In these pages, she speaks frankly about her struggles with depression, the pressures to be thin, and the unhealthy relationships she confused for love. In the Water They Can't See You Cry is a raw, compelling story of a woman who gained the strength to live as bravely out of the water as she did in it.

## **Book Information**

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## **Customer Reviews**

I am confused by the reviewers who are saying this book isn't what they expected, that it's not about her swimming career. If you read what the book is about it states in black and white that it's about the personal demons she dealt with. How difficult she found her fame to actually be. I found this book to be a wonderful read especially because I have a beautiful daughter who is a cutter. I now have a better insight as to what she's going through and feel that I can listen with a 'new ear'. While I will never be able to understand the emotions my daughter is feeling, I can look at what she is doing to herself in a different light and feel that I'll be able to support her even more. Thank you, Amanda, for putting yourself out there and writing this wonderful book!

This is a must read.....as a sports fan, I have been in awe of Amanda Beard's talent. Little did I know what went on behind the scenes, she is 100% honest in her struggles & her journey to overcome them. Truly inspiring!

Yes, this book was, indeed, very inspiring to me. As a past competitive swimmer growing up, there is so much to relate to in terms of body image struggles and trying to figure out where you fit in once you give up the competition. weight gain, body image, depression and bulimia are very real, intense and painful struggles. I appreciated the psychological insights into "cutting." In my day, women with muscles were not considered "sexy." I loved that Amanda Beard posed for the magazines and that we have come a long way as a society in appreciating strong women and not just the cheerleaders on the sidelines cheering for the boys! Thank you, Amanda Beard!

As a former swimmer at a pretty high level (not Olympic, but national caliber and college scholarship), I found her portrayal of swimming and swimmers a little sad. The people I grew up and swam with (some were Olympians) were some of the nicest, funniest, and best group of people I have ever known. The parents are amazing, the kids were very close knit, and we had a blast growing up. I never thought of swimming as solitary sport, they were the best friends a person could

ask for. So I find the portrayal of her club team to be sad and not true to life. The eating disorder aspect is very accurate and painful. Many of us did follow that path, but it mostly seemed to be triggered by the abrupt change from high school to college. It's really hard to figure out who you are when your very structured and busy life gets changed so drastically, and you no longer have your friends and family as support. But for the general population, going off to college is a big trigger for these problems as well. Anyway, I understand the turmoil and the resulting problems she had, but I feel she unfairly portrayed her fellow swimmers. I also feel like she inappropriately trashed two other public figures, who had no opportunity to tell their side of the story. Someone who is in the throes of bulimia and cutting is not the best companion (from a former bulimic, I would have found a relationship impossible during that time). They have their own issues and problems to bring to a relationship. I sympathize with the problems she faced, but feel her disclosure was too much when it came to her relationships.

I enjoyed this book. You really felt for Amanda, and it was so heartfelt to go thru her tough journey in life... From the same stresses we all have (not feeling like you look "right"), to the extreme stress of Olympics and training... She's one heck of a gal!

Great book to read for anybody, who ever was in competitive swimming or any other sport. Easy to read, so good for high school kids, who plan to continue their careers in sport, while perusing higher education.

From the 14-year-old carrying a teddy bear in 1996 to a grown woman married with a kid in 2012 it has been a long road for Amanda. If you are a fan of the Olympics you know who she is and now you know what she has been doing for the last 16 years. From triumphs to tragedies (cliché but true) she has bared all in this memoir (and in Playboy) and gives the reader an insight into what many of us thought was an easy life for a kid growing up in Irvine, CA. It is a well-written story that covers all aspects of her life, good and bad, and reminds us that even those who seemingly have it all can struggle in life, but it is how they deal with those struggles in the end that really matter. A must read!

Gold medalist Amanda Beard describes her love of swimming, the trials and tribulations of becoming a world class athlete, and the physical and mental price she paid for success. Self-doubt, reporters' comments, and questionable relationships will leave readers wondering if the a few

moments on the winnerâ™s podium are worth it. A collection of family photographs show Amandaâ™s family and friends during various ages is included midway through the book.

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