



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

Amanda Beard, Rebecca Paley

Download now

[Click here](#) if your download doesn't start automatically

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

Amanda Beard, Rebecca Paley

In the Water They Can't See You Cry: A Memoir Amanda Beard, Rebecca Paley

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.

 [Download In the Water They Can't See You Cry: A Memoir ...pdf](#)

 [Read Online In the Water They Can't See You Cry: A Memoir ...pdf](#)

Download and Read Free Online In the Water They Can't See You Cry: A Memoir Amanda Beard, Rebecca Paley

From reader reviews:

Brian Bottoms:

Book will be written, printed, or descriptive for everything. You can learn everything you want by a guide. Book has a different type. As we know that book is important issue to bring us around the world. Beside that you can your reading expertise was fluently. A reserve In the Water They Can't See You Cry: A Memoir will make you to become smarter. You can feel more confidence if you can know about every thing. But some of you think that open or reading any book make you bored. It is far from make you fun. Why they could be thought like that? Have you looking for best book or appropriate book with you?

James Hubbard:

This In the Water They Can't See You Cry: A Memoir are usually reliable for you who want to become a successful person, why. The explanation of this In the Water They Can't See You Cry: A Memoir can be on the list of great books you must have is giving you more than just simple reading through food but feed you actually with information that might be will shock your preceding knowledge. This book is usually handy, you can bring it just about everywhere and whenever your conditions at e-book and printed types. Beside that this In the Water They Can't See You Cry: A Memoir forcing you to have an enormous of experience such as rich vocabulary, giving you tryout of critical thinking that we understand it useful in your day activity. So , let's have it and enjoy reading.

Elaine Gold:

The e-book with title In the Water They Can't See You Cry: A Memoir contains a lot of information that you can learn it. You can get a lot of gain after read this book. This book exist new knowledge the information that exist in this publication represented the condition of the world today. That is important to yo7u to be aware of how the improvement of the world. This book will bring you throughout new era of the internationalization. You can read the e-book with your smart phone, so you can read it anywhere you want.

Kevin Pennell:

What is your hobby? Have you heard in which question when you got scholars? We believe that that concern was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. So you know that little person similar to reading or as looking at become their hobby. You need to understand that reading is very important and book as to be the matter. Book is important thing to provide you knowledge, except your teacher or lecturer. You discover good news or update with regards to something by book. Different categories of books that can you decide to try be your object. One of them is niagra In the Water They Can't See You Cry: A Memoir.

**Download and Read Online In the Water They Can't See You Cry:
A Memoir Amanda Beard, Rebecca Paley #KVFSD9RWCIJ**

Read In the Water They Can't See You Cry: A Memoir by Amanda Beard, Rebecca Paley for online ebook

In the Water They Can't See You Cry: A Memoir by Amanda Beard, Rebecca Paley Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read In the Water They Can't See You Cry: A Memoir by Amanda Beard, Rebecca Paley books to read online.

Online In the Water They Can't See You Cry: A Memoir by Amanda Beard, Rebecca Paley ebook PDF download

In the Water They Can't See You Cry: A Memoir by Amanda Beard, Rebecca Paley Doc

In the Water They Can't See You Cry: A Memoir by Amanda Beard, Rebecca Paley Mobipocket

In the Water They Can't See You Cry: A Memoir by Amanda Beard, Rebecca Paley EPub