



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:

Marcy Madison:

What do you think about book? It is just for students since they're still students or the idea for all people in the world, what the best subject for that? Merely you can be answered for that concern above. Every person has distinct personality and hobby for each other. Don't to be compelled someone or something that they don't wish do that. You must know how great along with important the book In the Water They Can't See You Cry: A Memoir. All type of book could you see on many methods. You can look for the internet sources or other social media.

Sunny Weaver:

Hey guys, do you really wants to finds a new book you just read? May be the book with the headline In the Water They Can't See You Cry: A Memoir suitable to you? The actual book was written by famous writer in this era. The particular book untitled In the Water They Can't See You Cry: A Memoiris a single of several books that will everyone read now. That book was inspired a number of people in the world. When you read this e-book you will enter the new dimensions that you ever know previous to. The author explained their thought in the simple way, therefore all of people can easily to comprehend the core of this reserve. This book will give you a lots of information about this world now. In order to see the represented of the world on this book.

John Rowland:

The reason? Because this In the Water They Can't See You Cry: A Memoir is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such wonderful way makes the content inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of rewards than the other book possess such as help improving your ability and your critical thinking technique. So , still want to hold off having that book? If I were you I will go to the reserve store hurriedly.

Tara Cassell:

What is your hobby? Have you heard in which question when you got pupils? We believe that that concern was given by teacher on their students. Many kinds of hobby, All people has different hobby. So you know that little person similar to reading or as examining become their hobby. You need to know that reading is very important along with book as to be the matter. Book is important thing to include you knowledge, except your own teacher or lecturer. You get good news or update in relation to something by book. Many kinds of books that can you decide to try be your object. One of them is actually 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 #N19E4HSD687**

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