



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

Amanda Beard, Rebecca Paley

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In the Water They Can't See You Cry: A Memoir Amanda Beard, Rebecca Paley **SHE WAS DROWNING IN PLAIN SIGHT**

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.

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. 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. 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.

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