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Frozen Teardrop: The Tragedy and Triumph of Figure Skating's Queen of Spin

Lucinda Ruh

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Frozen Teardrop is the autobiographical account of one of the most beloved and controversial personalities in the history of figure skating. In this straight-forward memoir, Lucinda Ruh takes her readers through the harsh and painful realities of the figure-skating world while exposing the never-before-released details of her own private pain and suffering which would ultimately turn this Guinness-listed international icon into a bed-ridden, suicidal, starved, agoraphobic and terrified young woman. Frozen Teardrop is a true-life tale of beauty, refinement, genius, and skill contrasted against the cut-throat starkness of world figure-skating competition in its bleakest, most tortuous, most mind-warping moments--as seen through the eyes of a developing young prodigy whose personal life would harbor its own menagerie of horrors, secrets, and personal violations.

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