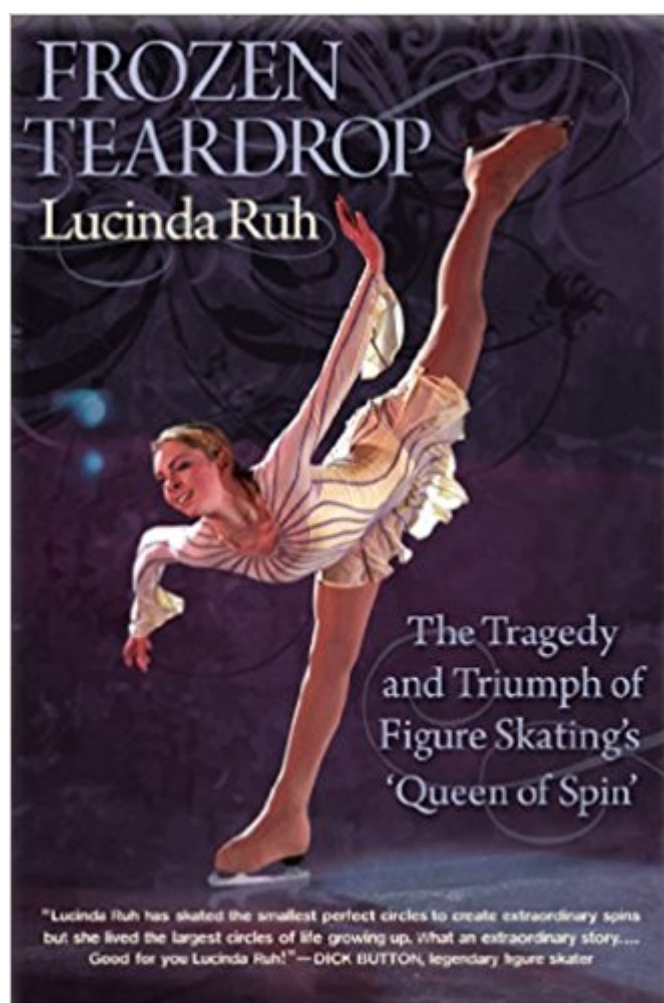


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# Frozen Teardrop: The Tragedy And Triumph Of Figure Skating's Queen Of Spin



## Synopsis

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.

## Book Information

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## Customer Reviews

"Lucinda Ruh has skated the smallest perfect circles to create extraordinary spins but she lived the largest circles of life growing up. What an extraordinary story....Good for you Lucinda Ruh!" -Dick Button, Legendary Figure Skater  
"Far beyond skating" [this book is first and foremost about LIFE!](#)" -Rita Cosby, Emmy-Winning TV Host & Bestselling Author

One of the most gifted and revered figure-skaters of all time, Lucinda Ruh was twice named Most Influential Person in the World of Figure-Skating by International Figure-Skating Magazine and she remains the World Guinness record holder for the longest spin on ice. She is dubbed Queen of Spin and known as the fastest spinner on ice ever.

This is a beautifully written memoir by one of my favorite skaters. It's full of thoughtful insight and wisdom about growing up in the world of competitive skating and all the dangers and privileges associated with it. Ruh has clearly learned from her struggles and has a lot of wisdom to impart, but I find myself agreeing with another reviewer that she also seems to cling to the illusion that to forgive means to forgo anger. She describes the pain and betrayal she feels from the many people who wronged her (including her mother), but never really gives herself permission to vent her anger. Although she has clearly taken the time to reflect on her experiences and learn from them, I have to wonder if she's still somewhat in denial. That being said, this book is a must-read for serious skating fans and especially for fans of Ruh. There's much more here than just a description of a competitive career. I would also highly recommend this to all young female athletes, not just as a cautionary tale, but as a lesson to listen to your body and yourself first.

I found this book to be very honest, forthright and incredibly inspiring. Yes, it exposes the ugly side of skating and an unbelievable level of denial but it also shows great determination to the achievement of one's goals in life and contains insights into life's lessons that we can all learn from. I've seen Lucinda skate live and it was one of THE most memorable memories I took away from the many ice shows I've attended. I thank Lucinda for that memory. Yes, the book contains many editing errors but what in life is perfect? The lessons are there and we can all be better people for having learned even one of them. Lucinda Ruh is a beautiful person, an exquisite skater and this book has been an inspiration for me. I can't wait to share this book with my own daughter. It's 100% worth reading.

Lucinda's story about becoming a figure skater is both triumphant and tragic. Figure skating is a beautiful mix of athletics, artistry, and grace. Learning of the abusive training methods used by some coaches has tarnished its image somewhat in my mind. Hopefully, her revelations will keep future figure skaters from having to endure what Lucinda did.

I am a true fan of figure skating and also of Lucinda Ruh, so I expected to be happily absorbed in this book and sorry to come to the end of it. Instead, I found that I couldn't wait to be done with it. I don't like to abandon a book without reading it from cover to cover and, in fact, have only done it once in my life. This book very nearly became the second. The book is so poorly written that many sentences made no sense. I found that there was so much fluff -- repetitive psychobabble, airy

reminders about how much Ms. Ruh loves her emotionally and physically abusive mother, and repeated declarations of her stoic Swiss work ethic -- that there was disappointingly little substance. I found it almost impossible to follow the timeline of her skating career because it kept getting obscured by all the fluff. As I read, I was continually stopping to try to keep it all straight in my head -- is she in Japan or Switzerland? Wait, how old is she in this chapter? Now, which doctor is she talking about here -- the Swiss or the American? It was just a very confusing book. I wanted to read about her interactions with other household-name skaters, behind-the-scenes stories, and what she has been doing since she retired from skating. Instead, I felt like I was reading a fairy-tale. I kept picturing her as Cinderella with birds fluttering around her and tiny woodland creatures weaving crowns of wildflowers for her hair.

I feel a little mean as I write this, for Ruh's story is one of hope and she sounds as though she is a lovely human being. I enjoyed parts of the book, but found it repetitive in places and dragged a bit. As I got further into the book, the often repeated line of , "But we did not know this then" or some variation began to grate on me. So did the constant excuses for her mother's behavior to the point of absurdity. A mother who beats her child to get her to perform, who does not take her child out of a sport that is obviously killing her or could leave her crippled for life is NOT the perfect, most loving, wonderful mother anyone could ask for. I have no doubt of the love Ruh has for her mother or that her mother loved her, but this denial of the obvious bothered me. It took away from the rest of the story which really is a great story of triumph over great pain and suffering. I actually found the mother's chapter at the end to be more genuine, as I do believe she was sorrowful and regretted her behavior. All in all, it was an okay book that sort of kept my interest for I am interested in skating and the world of skating. But it was an odd book and left me with more questions than answers. It sounds as though Ruh is doing well now and good for her. She has paid her dues and then some.

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