Andrea Smeltzer had the world at her feet: she was vibrant, talented, strong, and beautiful. But after a one-year struggle with bulimia, Andrea died in her sleep at the age of 19, catapulting her mother, Doris, into a journey of self-discovery and realizations about her daughter and herself. By combining Andrea’s poetry, letters and journal entries, both mother and daughter tell the story together, capturing the bond that connected them.

Tom and Doris Smeltzer are Andrea’s parents and internationally recognized speakers! Tom with a Master's Degree in Educational Administration and Doris with a Master's in Counseling Psychology are career educators. Now retired from the local school district, Doris devotes 100% of her time to eating disorder prevention through Andrea's Voice Foundation. Tom, too, focuses more attention on their non-profit's efforts following his retirement as a Professor from a local college in Northern California.

Doris authored Andrea's Voice: Silenced by Bulimia and wrote for 7 years a popular "Advice for Parents" blog for her publishers, Gürze Books, until focusing on her own A Joyful Journey blog. She hosted the VoiceAmerica™ Radio Show, Savor Yourself...beyond skin deep, has been named a Community Hero by both her hometown of Napa, and the NorthBay ED organization, EDRS and awarded the Soroptimist Ruby Award for Women Helping Women. Together, she and Tom co-authored an Article in the book, Treatment of Eating Disorders: Bridging the Research-Practice Gap, (Academic Press, 2010), and appeared in the 2007 award-winning documentary, "America the Beautiful: Is America Obsessed with Beauty?"

Presenting in Iowa: Wednesday, February 24- 7 p.m. Iowa State University- Ames
Thursday, February 25- 7 p.m. Drake University- Des Moines
Saturday, February 27- Eating Disorder Coalition of Iowa Conference-Holiday Inn Conference Center, Des Moines www.edciowa.org