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Manny (Manuel at birth) Herbst was born June 20, 1930 in Vienna. He had a brother and sister, Bernard and Sylvia. His mother was Sarah (née Weintraub, born in Poland) and his father was Adolf, who went by Aaron. He was from Chernivitzi, now in the Ukraine, but then in Romania. Manny didn't know either set of grandparents. They spoke Yiddish at home. His father was a peddler, selling farm goods into the city. He considered his family poor.

Manny describes his family life, local neighborhood, his education, and their religious life; the household was kosher. He describes the way that his family was affected after, first, the Anschluss and then, Kristallnacht. One decision was to seek a way to escape the rising oppression. His family was able to obtain passports in 1938, though they were marked "Stateless" since their parents were not native Austrians. In April 1940, the U.S. provided only three visas for the children through the sponsorship of a synagogue in Rockaway, Queens.

His mother insisted on waiting for a hoped-for extra visa, which never came. His parents agreed his father would go on to Palestine. The British refused entry to his ship forcing him to Mauritius until the end of the war. His mother saw her children off on a train to the ship in Trieste, but was soon deported to Sobibor and killed in 1942.

Once in the United States, the three children had an unstable living situation with one of his aunts. Bernard was assigned to a foster home in 1941, while Manny and his sister went to Pleasantville Cottage School, run by the Jewish Childcare Association. Manny remained, though Sylvia soon went on to a foster home owned by Mrs. Schumacher.

After two years, Manny went to a foster home, first with Sophie Krinowitz (sp?), then, Mrs. Krueger, and then back to Mrs. Krinowitz where he stayed until he was married. In 1947, he met his wife, Miriam to whom he became married for over 70 years. They had two children.

He and Miriam were able to visit their father in Israel for his first sight of him in 11 years. Eventually, his father came to live with Manny, supported by Bernard, after Sylvia couldn't accept him. Though Manny and his siblings were close in Europe, their tribulations made it hard for them to reunite as a family. He had a successful career and expresses no regrets. He performed volunteer work at Pleasantville in gratitude for how it helped him.