Frima Laub discusses her prewar family life and growing up in Proscurov, Ukraine; her life in hiding; being reunited with her mother and sister; her anger towards her father for not escaping; surviving on a Christian family's farm; being liberated by the Russians; going back to Proscurov; finding her brother; traveling to Germany and staying in a displaced persons camp; daily life in Shlupfing and then Volshtadt, Bavaria; her feelings about Germany; staying in Paris, France; traveling to Havana, Cuba; her life in Cuba; immigrating to the United States; going to school at Yeshiva in New York; going back to visit Cuba; meeting her husband and getting married; her feelings about how the Holocaust took away her childhood; starting a family; her views on religion and world politics; her thoughts on Franklin Roosevelt and Japanese internment camps; how her experiences during the Holocaust affected her and her mother differently; her reasons for writing a book about her experiences; her feelings on the Korean War and U.S. politics; neo-Nazis; Israel and its history; her job helping children; how the Holocaust made her who she is today.