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Frida Wallenstein discusses her prewar family life; moving from Czechoslovakia to Belgium; daily life after the war started; going into hiding; becoming a maid for a family in Liège; the arrest of her family by the Gestapo; the deaths of her mother and sisters in Auschwitz; traveling to Brussels to hide with the Friedman family; postwar life in Liège; immigrating to the United States; her postwar family; religion; living in Cleveland, Ohio; meeting her husband and getting married; becoming an American citizen; working in a factory; having children; the death of her father; working as a secretary in health fields; going to Israel and staying on a kibbutz; giving an oral testimony at the United States Holocaust Memorial Museum; going back to Belgium; and traveling throughout Europe.