

always alone, depressed, fearful, and insecure. Did she inherit these traits, or were they effects of her mother's traumatic past indirectly transmitted to her? Surely it was her parents' influence, even if she consciously denies it (70). Or perhaps this case supports the "biological or genetic models of transmission" suggested by Natan Kellermann. In any case, the influence or the transmitted pain of her parents' past and her conflict with her mother were so severe that she landed in a mental hospital under psychiatric care and even went through shock treatments. To top it all off, her mother ridiculed her for seeking psychological help and accused her of having an affair with her therapist. Helene courageously describes her condition in those trying years as "extreme depression, hopelessness, lack of self-esteem with a brief psychotic break" (133), worsened by her psychotherapists' misguidance which deepened her alienation and loneliness, and intensified by some of the things she did for which she still felt remorseful later in life.

Helene is engaged in self-assessment and analysis throughout her memoir. She took courses in psychology and studied the theories of Freud and Jung, trying to determine her personality type and striving to heal herself through self-knowledge. She even achieved some change in her personality. Around the time she turned 50, she says, she felt that she had got over it all and "was better able to cope with life's vagaries" (110).

Mary Terzian, *The Immigrants' Daughter*, struggled all her life to find "a place to fit in" (xvi), but she still felt like a misfit wherever she went. In order to escape the suffocating atmosphere of her father's home governed by his "iron rules,"