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Sommario/riassunto	From wartime England to Nixon's America and beyond, Cynthia Helms was witness to some of the seminal events of our time-Vietnam, Watergate, and especially the demoralization of the CIA in the 1970s for political purposes. Opening with her feminist "epiphany" in 1968 (the annus horribilis as she describes it) that led her to end her first marriage of 24 years, this memoir reveals a world where appearances always had to be questioned, where rumors and gossip carried the weight of intrigue. </