

1. Record Nr.	UNINA9910786160703321
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Titolo	An intriguing life [[electronic resource]] : a memoir of war, Washington, and marriage to an American spymaster // Cynthia Helms, with Chris Black
Pubbl/distr/stampa	Lanham, : Rowman & Littlefield Publishers, c2013
ISBN	1-283-94038-8 1-4422-2132-1
Descrizione fisica	1 online resource (225 p.)
Altri autori (Persone)	BlackChristine M
Disciplina	955/.05092 B
Soggetti	Political culture - Washington (D.C.) - History - 20th century Women immigrants - United States World War, 1939-1945 - Participation, Female England Biography Washington (D.C.) Biography
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Contents; 1 In Search of a Life of My Own; 2 Maldon; 3 World War II and the Boat Crew Wrens; 4 Coming to America; 5 Annus Horribilis; 6 Mrs. Richard Helms; 7 Two Oaths; 8 Exploring the World; 9 The Legal Case; 10 Life Goes On; Acknowledgments; Index; About the Authors
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. </