



# From Nightmare To Freedom: Healing After The Holocaust

*Lillian Judd, Dennis L. Judd*

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From Nightmare To Freedom - Healing After The Holocaust; is a living example of how individual feelings of anger, hatred and intolerance play into behaviors that can lead up to genocides and how powerful the act of forgiveness is in releasing these negative feelings. It is unique because as an autobiography, it is actually documented with Nazi photographs of Lillian's arrival at Auschwitz and copies of Nazi documentation of prisoner A-10946. Furthermore, it incorporates the visions of a second generation of Holocaust survivors, and has the discussion section that helps make this book a really valuable teaching tool.

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