



## Press Release

### **3<sup>rd</sup> Degree: New Beginnings** **Tuesday 24 October at 8pm**

In February 2002, Debbie Adlington woke up from a coma in Groote Schuur hospital. She had no idea why she was there or what had happened to her. She called out for her children. They never came. Doctors had the hideous task of having to give her the devastating news – that her husband had killed all three of them with an axe, and then shot himself. She too had been axed in the head three times by her husband and left for dead.

But she survived, against all expectations. Not only did she survive, but after months of therapy and years of indescribable grief, this remarkable woman has now begun a new life. It's four and a half years later – she has her own thriving business and thanks to modern medicine, has given birth to a gorgeous baby girl.

**3<sup>rd</sup> Degree** has tracked Debbie's progress from the time of the tragedy until today. This week we bring you her journey from living hell to recovery.

**3<sup>rd</sup> Degree** investigates Tuesday, 24 October at 8pm only on **e!**

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