

Cherie L. Davis Shares Her Story of Survival in 'Through the Fire: A Journey of Trauma, Healing, and Self-Discovery'

LOS ANGELES, CA, UNITED STATES, August 29, 2026 /EINPresswire.com/ -- Author and Nurse Leader Cherie L. Davis shares an intimate account of survival and recovery in [Through the Fire: A Journey of Trauma, Healing, and Self-Discovery](#), a memoir that chronicles her experiences with childhood sexual abuse, family dysfunction, self-harm, suicidal ideation, and the lasting scars of trauma. Available in Kindle and paperback editions on Amazon, the book follows her path toward healing through therapy, creative expression, love, and self-discovery, with the aim of helping readers who have experienced pain feel less alone.

Availability

Through the Fire: A Journey of Trauma, Healing, and Self-Discovery is available in Kindle and paperback formats on Amazon:

<https://www.amazon.com/dp/B0H6H7HGFO>

An Honest Account of Living With Trauma

"Through the Fire: A Journey of Trauma, Healing, and Self-Discovery" examines what can happen long after a traumatic experience itself has passed. Cherie shares how childhood sexual abuse and family dysfunction affected her emotional well-being and relationship with herself.

The memoir addresses difficult periods involving self-harm and suicidal ideation with openness and sensitivity. These experiences form part of a larger personal journey as Cherie begins confronting the impact of her past and understanding how deeply trauma had influenced her life.

By sharing experiences that are often difficult to discuss, the book creates space for readers who



Through the Fire by Cherie L. Davis Pic 1

may recognize some of the emotions within their own stories. It can also provide perspective for people seeking a greater understanding of the complicated and deeply individual nature of trauma.

Therapy, Creative Expression, and the Work of Healing

Healing is a central theme throughout *Through the Fire*. Cherie's journey includes therapy, which provides an avenue for processing painful experiences and examining the emotional wounds connected to them.

Creative expression also becomes part of that process. Through reflection and writing, she finds ways to give language to experiences and emotions that had been difficult to carry.

Love has its own transformative role within the memoir. As Cherie moves through different stages of recovery, meaningful connection contributes to the gradual process of reclaiming her voice, recognizing her worth, and developing a deeper understanding of herself.

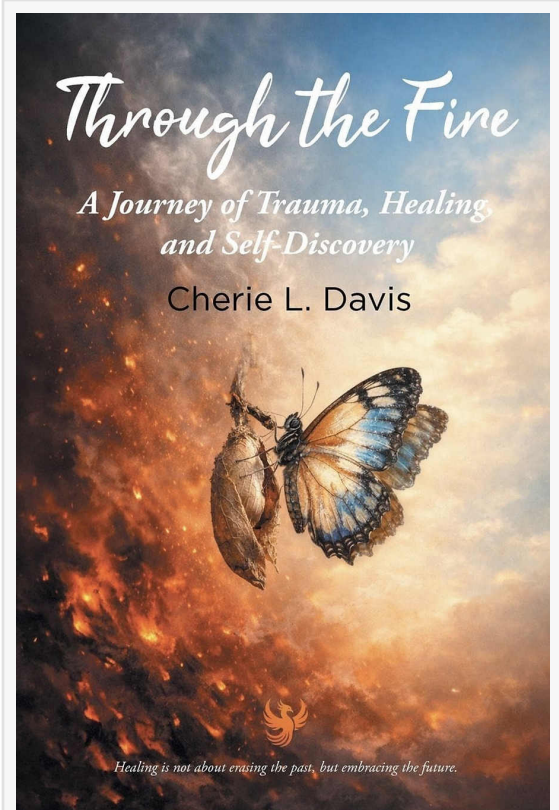
"My hope in sharing this story is that someone who is carrying their own pain will feel seen and understand that healing is possible," said Cherie, Author of *Through the Fire*. "Our experiences can leave deep scars, and there can still be room for self-discovery, love, hope, and a different relationship with ourselves."

A Broader Body of Personal Writing

Cherie has also written *The Maps We Make: A Poetry Collection*, a deeply personal collection exploring love, grief, anxiety, childhood wounds, nursing, resilience, and the many paths people take toward becoming whole.

Her book *Ninety Seconds: What Nursing Taught Me Between Breakdowns and Bad Shifts* draws on fifteen years of experience in healthcare. It combines humor, hard-earned wisdom, compassion, and lessons gathered from life behind the scrubs.

Across these works, Cherie writes about experiences that



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Pic 3

often exist beneath the surface, including the stories people carry privately, the strength they discover under pressure, and the capacity to transform painful or imperfect experiences into something meaningful. Here is a recent article published [about the book](#).

About Cherie L. Davis

Cherie L. Davis is an author and Nurse Leader whose work explores resilience, identity, healing, and the beautifully complicated realities of being human. Through memoir, poetry, and writing informed by fifteen years in healthcare, she examines personal experiences with honesty and compassion.

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