

# Nurse Leader Cherie L. Davis Releases 'Ninety Seconds', Sharing Insights From Fifteen Years of Nursing Experience

DURHAM, NC, UNITED STATES, August 29, 2026 /EINPresswire.com/ -- Author and Nurse Leader Cherie L. Davis has released [Ninety Seconds: What Nursing Taught Me Between Breakdowns and Bad Shifts](https://www.amazon.com/Ninety-Seconds-Nursing-Between-Breakdowns-ebook/dp/B0HDJJNX36/), a new book drawing on fifteen years of experience across emergency medicine, detox, behavioral health, military clinics, management, and nursing leadership. The book shares practical and personal lessons from life in healthcare, with a focus on resilience, compassion, leadership, and the experiences nurses carry beyond their shifts.

## Availability

Ninety Seconds: What Nursing Taught Me Between Breakdowns and Bad Shifts, is available in kindle and paperback editions on Amazon:

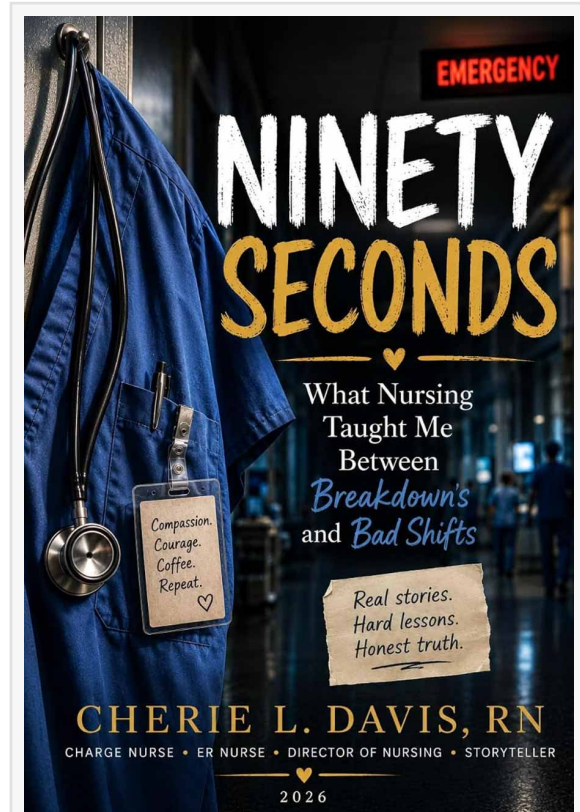
<https://www.amazon.com/Ninety-Seconds-Nursing-Between-Breakdowns-ebook/dp/B0HDJJNX36/>

## Insights Drawn From Fifteen Years in Nursing

"Ninety Seconds: What Nursing Taught Me Between Breakdowns and Bad Shifts" examines parts of nursing that are difficult to capture through clinical training alone. Cherie writes about demanding shifts, unexpected emergencies, emotional pressure, workplace humor, patient interactions, and the small moments that can stay with healthcare professionals for years.

The book addresses the reality that nurses can make responsible decisions, follow procedures, and give their full effort while still experiencing a difficult shift. It also explores familiar aspects of nursing culture, including cold coffee, long hours, the uneasiness created when someone says "it's quiet today," and brief private moments used to regain composure.

Through these experiences, Cherie considers what resilience can look like during an ordinary



Ninety Seconds by Cherie L. Davis  
Pic 1

working day.

"Sometimes you need ninety seconds behind a closed door to feel everything, collect yourself, and walk back out ready to care again," said Cherie L. Davis, Author and Nurse Leader. "Those moments taught me that strength in nursing is deeply human, and many of the lessons that stay with us are learned during the shifts we never forget."

## Perspectives From Different Areas of Healthcare

Cherie's professional background gives the book a perspective shaped by several healthcare environments. Experiences in detox and behavioral health inform discussions about vulnerability, dignity, pride, recovery, and second chances. Emergency medicine provides lessons about uncertainty and decision-making under pressure.

Her experience in management and as a Director of Nursing also contributes to the book's discussion of leadership. *Ninety Seconds* examines principles such as taking responsibility when challenges arise and sharing credit when teams succeed.

The book also recognizes the long-term value of everyday kindness. A supportive conversation, a few additional minutes spent listening, or a compassionate response during a frightening situation can become an important memory for a patient or family.

## Written for Nurses at Every Stage of Their Careers

*Ninety Seconds* is intended for new graduates, bedside nurses, charge nurses, managers, nursing leaders, and others familiar with the emotional and professional demands of healthcare.

Through humor, personal reflection, and lessons gathered over fifteen years, Cherie explores how nurses navigate pressure while continuing to care for patients and support colleagues. The book also considers professional success through the influence healthcare



*Ninety Seconds* by Cherie L. Davis  
Pic 2



*Ninety Seconds* by Cherie L. Davis  
Pic 3

workers can have on people throughout their careers.

Ninety Seconds: What Nursing Taught Me Between Breakdowns and Bad Shifts is available in Kindle and paperback editions on Amazon. Here is a recent article published [about the book](#).

#### About Cherie L. Davis

Cherie is an Author and Nurse Leader whose work explores resilience, identity, leadership, healing, and human experience. Her books include the memoir *Through the Fire: A Journey of Trauma, Healing, and Self-Discovery* and the poetry collection *The Maps We Make*. Drawing from personal experience and fifteen years in healthcare, her writing examines the stories people carry, the strength developed under pressure, and the ways experience can create meaning.

Cherie L. Davis

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