



## **Spiral**

*Mila Ferrera*

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# Spiral

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## **Spiral** Mila Ferrera

Nessa Cavanaugh, psychology student, knows how to stay on an even keel. Despite the urging of her mother and her academic advisor to get a life and have some fun, “all work and no play” sums up her plan to survive her grueling internship year at a children's hospital. She doesn't want to end up like her father, whose constant ups and downs broke her family, and avoiding unnecessary emotional entanglements is a must.

Then she (literally) runs into Dr. Aron Lindstrom in the middle of her disastrous first day on the job. The attraction is instant—and terrifying. Nessa knows she should stay away—especially when she finds out he has a reputation for being a player—but Aron is brilliant, intense, and as sexy as they come. When he challenges her to take a chance on him, her plans to stay focused on work start to crumble.

But what begins as passion takes on a dangerous edge, becoming an emotional roller coaster that's frighteningly familiar. As things spiral out of control, Nessa must decide whether she should hold on for the ride or run ... even if it means leaving her heart behind.

## **Spiral Details**

Date : Published July 9th 2013 by Mila Ferrera Books (first published July 7th 2013)

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Author : Mila Ferrera

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# From Reader Review Spiral for online ebook

## Alessandra Thomas says

Completely devastating and entirely, sparkingly gorgeous. Mila's storytelling caused me literal heartache, and I adored every minute of it. This is the first book that has kept me up past midnight in a very long time. An instant favorite and highly recommended.

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## Bree says

A great read. Sweet. Wasn't predictable like most of the NA books I've read. I didn't feel the romance was rushed, I quite liked the pace of the book. I don't think I was bored much. And for once, thank you lord, a romantic interest that isn't a grade A douchebag. Proof I needed that some people still know that a decent guy can be a sexy one too. I hope to read more NA where the male lead doesn't make me want to punch him in the face.

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## Fran says

**PPFF Rating:** 5/5 Stars

*Unexpected. Insightful. Appropriate. Brilliant.*

**"Always do the thing that scares you."**

OK, I totally did NOT expect *that*. I can't even begin to imagine!

I'm pretty sure I was so looking forward to this being another intense love story about the typical brooding playboy and a girl who has trust issues. Oh boy, was I wrong. VERY *wrong*. True, it was *intense* but for a whole different reasons. Just when I started to really swoon, every gushy feeling I had just spiraled.

**"It was amazing," I blurt. "I haven't enjoyed myself that much in a long time."**

**"You poor thing. It sounds awful."**

Nessa Cavanaugh, the girl who needed to have a *life*, immediately felt attracted to Dr. Aron Lindstrom right from the first day of her internship at a children's hospital. He was this amazing Viking of a guy (apparently, he's from Sweden) whom she literally bumped into, spilled coffee all over him and smacked into his chest, leaving a lipstick mark in the process.

**"Apparently he worked his way through the roster last semester and left a lot of broken hearts and bad feelings. Forget 'gentlemanly fish'—this guy is a total shark!"**

They started flirting with each other and after Nessa decided to finally throw caution to the wind, they started dating. Of course there were rumors of Aron's past indiscretions circulating as well as Nessa's unfortunate incident with a fellow intern. They were also both so busy with their respective careers that they barely had enough time together. But despite all those elements, they took their time in getting to know each other and

still ended up falling madly in love.

**"Listen, I understand the demands of your schedule better than most guys would, because I'm as busy as you are. But spending time with you makes me feel lighter, not heavier. More relaxed and less frantic. And I think it's the same for you. So when you need chess, or turtles, or ..." He leans forward, and I close my eyes as his warm lips touch mine.**

Yet, it seems like as quickly as they fell in love, things went spiraling out of control just as fast. I swear I didn't see it coming. I normally can anticipate twists but I don't know why I was simply blindsided by Spiral.

**"I know I'll regret it if I leave."**

Nessa. She's *unbelievable*. I honestly don't know how I can cope with everything she's been through. I probably would have lost my mind and maybe I would have also given up on Aron. But her? She NEVER did. Of course, it most likely helped that she was equipped with the knowledge and experience in dealing with Aron's illness.

**"I think he's very much worth being a 'we' with."**

I just feel so affected after reading Spiral. I keep asking myself if I would have also stuck around had the love of my life been diagnosed with bipolar disorder. *How could Nessa do it?* After dealing with her own father's "episodes", *how could she even deal with Aron being the same?*

I was honestly devastated after reading their story. But at the same time, I felt like it was almost appropriate. Yes, it wasn't what I had expected to happen especially to a seemingly perfect and brilliant doctor. But I loved how Aron eventually looked at things. He may have struggled accepting his fate but he was right when he told Nessa that he shouldn't even be whining about his sorry state because at least he got to live while his young patients had slim chances of even beating Cancer.

**"Can I answer your unspoken 'what if,' with 'I'll be there'? Would that be enough?"**

In the end, **love conquers all**, I should say. I just hope that if it happens to me, I would have the strength to fight for what I want and what makes me happy, *come what may*.

Thank you **Mila Ferrera** for an amazing experience. I wouldn't have enjoyed the book as much if it hadn't been written beautifully (*cute cover too*). And from now on, I wouldn't even try to use the word bipolar loosely.

\*\*\*Check out my blog: Press Pause, Fast Forward

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## **Dianne says**

When you fall in love, everything is perfect in spite of the minor pitfalls along the way. When you commit to someone for life, you are fairly confident that those minor pitfalls will be all that one must deal with, but what if you found that special someone, your other half and they were less than perfect? They truly suffer

from a medical condition beyond their control, and it changes them into someone who exists more in their mind than in reality? Would you be able to handle a journey where the pitfalls become canyons or even dark abysses and you know it beforehand?

Nessa is determined to finish up her schooling, internships and become the psychologist she knows she can be. All she has to do is stay the course, tread carefully and hold an even keel, but her first day on the job is a complete disaster, including running into a handsome doctor who then proceeded to save her blunder with his warm and caring nature. Aron has a reputation with the ladies, but Nessa is a goner, no matter how far she tries to stay away.

Not to be deterred, Aron makes dating him a challenge so she can see for herself how he is nothing like the rumors she has heard. Should she? How could she not? A challenge has been made, the gauntlet thrown down, so to speak and Aron becomes her prince, her knight in shining armor as he sweeps her off her feet. All is not well in her fantasy world as reality rises sharp and painful, bringing back the nightmares of her past into glaring focus.

Do Nessa and Aron have what it takes to go the distance? Will Nessa have the strength she will need when things get tough, and it isn't "if" they get tough, it is "when" they get tough...A true test of love and commitment in a world where real commitment is practically as non-existent as compassion and the willingness to sacrifice for others.

**SPIRAL** by Mila Ferrera is an often heartbreaking tale of bone-deep love that threatens to snap in two as one couple fights against a monster that rears its head when least expected. It is a tale of giving, then giving some more, all in the name of love. Mila Ferrera's writing flows like it comes straight from her heart as she gives us a romance that may never have a happy ever after, but two people know the true value is in the journey and the support they give each other.

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For Reviews & More: <http://tometender.blogspot.com>

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## **PJ says**

I know we all have different tastes and buttons about what we want and don't want in the romance books we read.

### **THAT SAID:**

I loved this book and thought the writing in some parts was truly beautiful! I admit that I cried at the end, doing that thing where you turn the last page and gasp when you realize that the story is finished. So, I kept rereading the last pages, grasping the fact that I had become seriously attached to Aron and Nessa. Alas, I wish them a fictional 'best wishes' and am so happy for them that their story is OVER and not another blasted

series.

It covers two tough subjects, beyond the usual lust and dark secrets, mental health and pediatric oncology...both really tough to approach. And I think the author does such a great job. Aron and Nessa, two young docs-in-training, spark off each other instantly, as per usual, but they decide to take things slow. And things go well...until they come together and fly apart. I LOVED Aron, so caring as a doctor and, of course, he's seriously HOT. it took me a bit longer to warm up to Nessa, but because we're given some of her history early, it explains a bit why she is who she is. Most authors keep their characters past histories held tightly, it's difficult to drum up compassion for their motivations, so I appreciated this.

Anyway, I got so caught up in Aron and Nessa's story, I was carried along on their ride and thoroughly enjoyed it.

Recommend? Yes

Reread? Yes

Heat level? Steamy (fewer scenes than in an erotic story, but the ones there were were hot!)

Stars: 4.5

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### **Shay says**

This was really good. It took an unexpected turn that I appreciated. I like being caught off guard with an "I did not see that coming" moment. This story turned out to be a lot more than I thought it would be. The storyline involved a heavy issue, but dealt with it in a way that didn't send me into an emotional tailspin. A lot of books have been tackling this subject lately and the way they do it frankly freaks me out. This was done in a way that made me feel more compassion than fear. Well done.

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### **Geri Reads says**

#### **4.5 unexpected stars!**

Full review to come...but let me just say, wow! That was surprisingly good!! Made even better by the fact that I got it from Amazon for free! :)

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### **K says**

♥ ♥ ♥ ♥ 4 Expect the Unexpected Stars ♥ ♥ ♥ ♥

*"Our relationship was doomed from the start." -Nessa*

*Spiral*, is the story of **Nessa Cavanaugh** and **Dr. Aron Lindstrom**. On her first day as a psychology intern on an oncology rotation things go pretty bad. She makes a fool out of herself in front of one of the oncology fellows, Dr. Aron Lindstrom... by tripping all over herself and staining his shirt in the process. As if that wasn't bad enough, he's also devastatingly handsome, looks like a Viking, and he has a Swedish accent.  
**\*fans self\***

*"Do you want to be with me? Slowly, like touching me for the first time, he takes my face in his hands. His thumbs stroke my cheeks while his gaze lingers on my mouth. "Want" is not a strong enough word."*

In spite of her head telling her heart to ignore the Swedish doctor, Aron Lindstrom, she simply can't stop thinking about him. That's also another thing: rumor has it that he's made his rounds with the women at the hospital, does Nessa really want to get caught up with someone who may only be playing with her? The more time that they spend with another, especially playing those chess games that they love to play, the more that Nessa wants to say yes to everything he's offering. **He's wicked smart, dedicated to his job, and seems like just a really nice guy. The whole package.**

Soon, her time with Aron leads her down an emotionally charged roller coaster that has her wondering if she'd be willing to risk it all - for him, for things are not as simple as they seem like she always thought.

*"Aron turns his head and stares at me. A tear slides from the corner of his eye and falls to the floor. The moment it hits, I feel it, a sharp, rending pain my chest. My heart, breaking for him. -Nessa*

She constantly scolds herself for the attraction because she needs to focus on her schooling/career now more than ever. Her dissertation is due soon, and she doesn't have time for romantic entanglements, especially when her heart could be broken. Not only does she have her career to worry about, but her mother is also constantly hounding her; looking for changes in her behavior. She has a one in five chance of developing the disorder that caused her father to commit suicide when she was fifteen...bipolar disorder.

*"And when you love someone like I loved your father, you're willing to walk through hell with that person because they're worth it."*

I really liked this book! **I loved the characters, enjoyed the love story, and cried through some of the unexpected twists.** There was one scene in particular that still breaks my heart when I think about it. I thought that when I read this that it was going to be a light, fluffy read, and it's 100% not! **It covers some very serious topics** that makes this book all the better. I do think that some of the story-lines were cut short though, like with Aron's parents, Sweden, how Aron got his scar, the ending, etc; I also liked the first half better than the second, so that's the reason for the 4 stars, but other than that, I'd say pick this one up!

*"Because I was drowning in a fantasy of him, of us together, of love that shook me to my core, and I didn't realize he was already slipping beneath the waves. I didn't reach out soon enough to grab his hand. My secret, dark fear: What If I pushed him under? -Nessa*

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## **Sara says**

Wow. That book was not what I expected. 4.5 stars. Emotional. Not the typical story or characters.

Nessa is an intern going for her PH.D in psychology. Shes in pediatric oncology for the semester. Nessa is strong, smart and caring woman. She's been through a lot. Her father had bipolar disorder and killed himself. Bipolar can be genetic so she lives her life and stays busy so she doesn't have to focus on the what if's. she's not mooney and annoying. She's very close to her mother and isn't some wounded dog type of girl.

Aron is a fellow at the same hospital in the pediatric oncology dept. He's very smart, good looking and rocks a hard body. He's not necessarily known as a ladies man. He's not considered a player, a jackass or a douche. He's a nice guy and a great compassionate doctor. Finally a character that's not a alpha male player looking to reform.

When Ness and Aron meets its definitely an instant physical attraction. Ness literally falls on him spilling his coffee on him and smearing her lipstick on his shirt. Aron slips her a dry cleaning slip and on it he's added his phone number. Let the flirting begin. Aron and Ness go on dates and spend time together. She's hesitant at first. She's working long hours at the hospital and working on her dissertation. Then there's that pesky "will I be bipolar" on a constant loop in her head. Her instinct is to push him away, but she can't.

Aron and Ness form a great bond. It's so adorable the way they understand the demands of their jobs. The way they support each other. Ness really admires his work as a doctor and he shows her how to have confidence in herself that she is doing a good job helping her patients and their families. She becomes more confident and is able to help the kids with cancer and their parents. I can't imagine having to deal with that everyday.

Things are going great. Heating up. Aron and Ness are great together. Tons of chemistry. The sex gets hotter and hotter. They become more risky. One day Ness notices Aron's behavior is not the same as before. As she thinks back, she starts to recognize the signs. Things fall into place and she's devastated. She's been in this place before. I didn't see this coming i have to admit. Ness has to make a decision that as a reader you know will have major consequences. It may be something that won't be forgiven. But she loves Aron and she truly knows its what he needs. So she makes the call, and it changes everything. But Ness is sure that what she did is right, but it doesn't make her heartbreak any easier.

Aron leaves and she's devastated. He goes to Sweden and she doesn't hear from him.

She loses. Big time. She questions everything. She wonders what part was actually real.

Aron returns but he's not the same. He's cold. Avoiding. But Ness isn't a quitter. She loves this man and she's willing to show him how much she's wants him. The good and the bad



I'm so happy this was. HEA. Towards the end I was teared up and crossing my fingers. For a minute there the author had me cringing. These two HAD to have a happy ending. I wouldn't have been able to handle anything else.

What a great story this was. Mental health issues are never easy on the person who has it and their friends and family. It was nice that the characters weren't some damaged souls looking for redemption. They were more relatable and real. Really glad I came across this book.

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### **Brigid says**

Okay, so in all honesty I'm a \*little\* tired of New Adult because they're all starting to sound the same. You know the formula: overly naive girl with some kind of damaged past falls for a guy who's even MORE damaged, but somehow he's also super sexy and dangerous and they just totally need each other. (Wait. I just described Spark. Maybe I'm not tired of that trope. :-P)

No, but seriously.

This one showed up as a Kindle recommendation and I'll admit it: the cover caught me. I downloaded the sample and loved it. (I love an author who can use children well, and not just as props.) Nessa is a psych student who is trying to get her PhD, and while trying to counsel a family in the children's cancer ward, she meets a super hot doctor who ends up sweeping her off her feet. (I also really liked that while Nessa is a student, this wasn't set in college.)

Yes, the doctor has a damaged past. Yes, she's a little too naive. This is New Adult, after all. But this story has a lot more depth than I was expecting. Really fantastic writing. You guys should give this one a try. I'm totally on board for the next one.

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### **Anne OK says**

A surprisingly good read and a real "freebie" treat! Kudos to Mila Ferrera for sharing her well-written story with readers. Didn't really know what to expect when I picked this one up but I'm certainly glad to share a positive review. The characters had depth, even while flawed so deeply they offered a whole realm of feelings and thoughts. The storyline was somewhat out of the ordinary and kept my attention throughout the entire book. Deals with some heavy subject matters and ones that traverse the emotional spectrum. The romance is, in my opinion, quality stuff -- not rushed nor page filler. The story touched my heart. That's what makes it a good reading experience for me.

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### **AJ says**

#### **5 heart-clutching stars!**

I went into this book not really knowing what to expect, and I have to say it surprised the hell out of me! It's not your average 'boy meets girl' storyline... ok, so that part of it is still there, but it goes so much deeper than that, and the emotion is incredible!

It is the story of Psychology doctorate student, Nessa, who, on the first day of her new job, literally runs into smoking hot Pediatric Oncologist, Dr Aron Lindstrom. With the attraction between them obvious from the very beginning, there is some witty conversation, some sweet flirting, and very quickly Nessa finds herself completely under the spell of the charming doctor.

However, Nessa has a family history of severe mental illness, and lives in fear of developing the disease that destroyed her father. Added to that, the intense pressure that she is under with her study and her work, she fights a constant battle to balance everything in her life without going under.

But Aron is not to be dissuaded and is there for Nessa whenever he can be – supporting her and just being there for her, and it's gorgeous. She, in return, gives the same back to him, and so we have the set up for a beautifully slowly developing relationship. Despite the feelings they have for each other, Nessa and Aron decide to take things slowly between them - they spend time together, they share, they have fun together, and the build is really realistic as their feelings for each other continue to grow.

*"I'm desperate to be with you, Nessa." His thumb skims over my lips. "But I need you to understand something: I want you completely. Brain, heart, and body. No walls between us. I want you to give yourself to me, but first you have to decide you're ready for that." ...*

*I bite my lip and reach for his hand. "Would you stay and be next to me, just because I need you close?" He looks down at my fingers twining with his ... "There's no way I could say no."*

Aron is incredible. First and foremost – he is a nice guy! He's a funny, intelligent, respectful and big-hearted sweetheart, and I fell instantly in love with him. But don't go thinking he's boring! The man has a bit of a past, and there's no denying he is sexy as all get out, and certainly brings the heat when he wants to! Yep, things get steamy, and as Aron and Nessa fall hard for each other, he completely sweeps her off her feet.

*"I've been meaning to tell you something," he says.*

*... "What's that?"*

*His head lowers so he's looking in my eyes. "I'm completely in love with you."*

OMG, total swoon!

They are beautifully honest with each other. Sure, they have some ups and downs (Aron's reputation as a player for one) and they have some horrendous hurdles to get over but, for the most part, they are open with what they are feeling, and the way they open up to each other is absolutely gorgeous.

*"I feel more for you than ever have for anyone, and anything we do together isn't me using you!" He squeezes his eyes shut and sets his forehead on mine. "It's me giving myself to you."*

However Nessa and Aron's love is put to the test when the story takes a massive shift and their lives spiral completely out of control. It wasn't what I was initially expecting from this book, and while I did predict it before it all went down, it was way more intense than I thought it was going to be and it absolutely wrecked me. Seriously, I was floored by the emotion that Ferrara managed to put into even just a few sentences .

*"A tear slides from the corner of his eye and falls to the floor. The moment it hits, I feel it, a sharp, rending pain in my chest. My heart, breaking for him. "*

I sobbed, and my heart actually hurt! It's so beautifully written, I felt every moment right along with them. Even now, just writing this, I'm getting all teary just thinking about it. Even though the story is entirely from

Nessa's POV, the dialogue and the honesty between the characters lets us know exactly what they are going through, and I could understand everything that they were feeling. (view spoiler)

. And I loved that we get so much more following the moment of devastation - the story follows on so we get to see what comes next and, again, I thought the whole thing was amazingly written.

*"Can I answer your unspoken 'what if.' With 'I'll be there'?"*

Yes, it's a hard read, dealing with some very serious subject matter (I mean, they both work on a children's cancer ward! That alone brings its own tragedy to the story), and yes, it's an absolute rollercoaster, but I loved every minute of it! I was hooked from the very beginning, and couldn't stop thinking about it, even when I had to put it down.

While I would have loved an epilogue to finish off the story, I am very happy with the ending, and am enjoying the rare opportunity of falling in love with a standalone that has taken me on an incredible journey, and ended beautifully.

*"It's that sense of throwing caution to the wind, a feeling of standing on the edge of a cliff with my arms spread, daring a gust to carry me over, even wanting it to."*

Absolutely beautiful. 5 stars.

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### **Kristin (KC) - Traveling Sister says**

**\*AMAZON FREEBIE\***

10/9/13

<http://www.amazon.com/Spiral-ebook/dp...>

*Thanks, Liz:)*

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### **Didi says**

So, I'm not a big fan of stories that deal with mental health issues. I see enough of it in my line of work, either as a precipitator to an incident that lands them in the ER, or a chance finding when worked up for something else entirely.

Mental health is a sensitive topic to write about, however. There has to be attention to detail regarding it's psycho-social impact on the individual and their family, as well as an understanding of the specific illness itself and it's treatment.

In *Spiral*, the author handles these topics extremely well. I say this because awhile back I read *REAL*, with the main character, Remy, suffering from the same mental illness as our Hero, Aron, in *Spiral*, does. The

difference being one was believable and sensitive to the affects and treatment while one WAS NOT. So, kudos to Mila Ferrera for writing a realistic yet romantic account of a person suffering from mental illness.

Despite not making a habit of reading these types of books, I liked it. It still managed to infuse a healthy dose of angst and drama while dealing with a delicate topic. Ultimately, this is a story about two people who take setbacks in stride and fight to be together, regardless of the battles that may lie ahead. Two people who choose today over the uncertainty of tomorrow.

Aron was very convincing as a man that unfortunately suffers from an illness that threatens to tear apart what he holds most dear in his line of work...his mind. I felt bad for him and what he had to endure, but thankfully with the love of an understanding, patient and loving woman, he persevered.

Nessa is the psychology intern in question that wins Dr. Aron Lindstrom's heart and plays hard to keep it. The book also dealt with other heavy issues like cancer, specifically paediatric oncology, a very taxing and difficult topic to tackle. But again, the author did well, coaxing enough hope with the turmoil.

This was a good book if you're open to heavy topics, it glided between balancing stressful issues with hopeful promises. Even the way we left Aron and Nessa was extremely realistic and beautiful. It's not very long either, so definitely worth reading.

Standalone.

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## Aestas Book Blog says

**I love the sound of this one. I'm told it's a standalone with a HEA. Added!!**

*Nessa Cavanaugh, psychology student, knows how to stay on an even keel. Despite the urging of her mother and her academic advisor to get a life and have some fun, “all work and no play” sums up her plan to survive her grueling internship year at a children's hospital. She doesn't want to end up like her father, whose constant ups and downs broke her family, and avoiding unnecessary emotional entanglements is a must.*

*Then she (literally) runs into Dr. Aron Lindstrom in the middle of her disastrous first day on the job. The attraction is instant—and terrifying. Nessa knows she should stay away—especially when she finds out he has a reputation for being a player—but Aron is brilliant, intense, and as sexy as they come. When he challenges her to take a chance on him, her plans to stay focused on work start to crumble.*

*But what begins as passion takes on a dangerous edge, becoming an emotional roller coaster that's frighteningly familiar. As things spiral out of control, Nessa must decide whether she should hold on for the ride or run ... even if it means leaving her heart behind.*

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