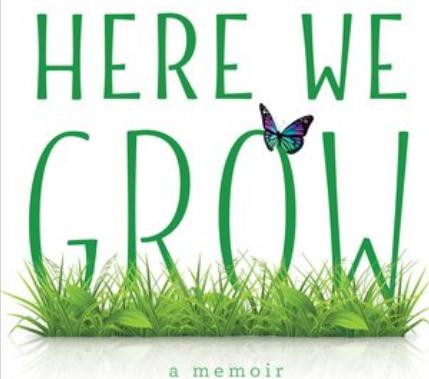


"Must-reading for anyone with a cancer diagnosis, but also for anyone who just wants some guidelines for how to live fully—body, mind, and spirit—no matter what. I love this book."—CHRISTIANE NORTHUP, M.D.,
NEW YORK TIMES BEST-SELLING AUTHOR



Mindfulness Through
Cancer and Beyond



a memoir

PAIGE DAVIS

Here We Grow: Mindfulness Through Cancer and Beyond

Paige Davis

Download now

Read Online 

Here We Grow: Mindfulness Through Cancer and Beyond

Paige Davis

Here We Grow: Mindfulness Through Cancer and Beyond Paige Davis

After a lifetime of seeking all things spiritual, wellness, and at times woo-woo, Paige Davis finds herself facing a breast cancer diagnosis at thirty-eight years old. But she quickly realizes that cancer isn't her crisis point; rather, it is a landing pad of experiences inviting her to integrate her mind, body, and spirit, find peace in the present moment, and heal from the inside out. She embraces cancer through a lens of love rather than as a battle to be fought.

In *Here We Grow*, Davis provides a refreshing new paradigm of integrative living that doesn't deny the hardship of a situation, but instead encourages meeting difficulty through embodied heart-centered presence. Utilizing mindfulness, meditation, and mind-body disciplines, she shares a tool kit for transformation as she learns to befriend her body, cope through compassion, face survivor's guilt, create a "new normal" post treatment, and discover the unexpected awakening of intuition and open-heartedness in the healing journey. Filled with honesty, humor, and present-moment awareness that reveals our true capacity for joy, connection, grace, and resilience, *Here We Grow* is Davis's story of meeting fear and uncertainty with mindfulness, meaning, and the unconditional love inherent in us all.

Here We Grow: Mindfulness Through Cancer and Beyond Details

Date : Published May 22nd 2018 by She Writes Press

ISBN : 9781631523816

Author : Paige Davis

Format : Paperback

Genre :



[Download Here We Grow: Mindfulness Through Cancer and Beyond ...pdf](#)



[Read Online Here We Grow: Mindfulness Through Cancer and Beyond ...pdf](#)

Download and Read Free Online Here We Grow: Mindfulness Through Cancer and Beyond Paige Davis

From Reader Review Here We Grow: Mindfulness Through Cancer and Beyond for online ebook

Sima says

Amazing autobiography of one's woman way of handling herself through a trying time, through the process of breast cancer. With grace and much self awareness and positivity, she shows a beautiful way of enjoying even what is difficult in one's life. Highly recommend.

Rachel Zarrow says

This is a masterfully written memoir about personal growth in the face of adversity. Even if you have no personal experience with cancer, meditation, or mindfulness, this book will change you. Highly recommend!

Leah E E. says

For one this book is an easy read book and I finished it really quickly, which is good for a dyslexic. She take us through her emotional, physical, and spiritual journey, as she deals with cancer. She doesn't sugarcoat anything, but shares her experiences as if you are right there with her.

Cheryl says

I appreciate Paige sharing her story with readers. Although, I have been lucky to not have the word "cancer" appear in my vocabulary when I describe myself, I have had cancer appear in my family. Not just mine but my husband's family as well. Also, not just breast cancer either.

Paige provides readers a personal and inside look into the journey of cancer...the diagnosis, treatment, cancer free, and reconstructive surgery. Besides all of these stages; there is also the support system of family, friends, medical team, physical and mental wellbeing as well. If anything, Paige shows how important mental wellness is very important.

For anyone who is a cancer survivor or has a family member or friend that has been through cancer, then, you will want to read this book.

Literary Soirée says

I wanted to read Paige Davis' HERE WE GROW as soon as I read about her inspiring story of healing from breast cancer. She was only 38 when diagnosed, but spiritually a wise old soul. Rather than focusing on fear or on "fighting" the disease, Paige opens her heart and life to a more mindful path. Highly recommended, not only for coping with illness, but as a prescription for a more heart-centered life.

NetGalley graciously provided an early copy. Opinions are fully mine.

#HereWeGrow #NetGalley

Nova says

very intriguing memoir by Paige Davis.

was very informative and uplifting. i have not had a cancer diagnosis personally, but both my parents did. each got their diagnosis and were gone in about a week's time. i enjoyed reading the story and seeing how her mindfulness helped her in this journey and beyond.

Ann T says

Thank you She Writes Press and Netgalley for this ARC.

I would have loved to have had this book years ago when I worked on an oncology ward. Thank you for this beautiful memoir and the honesty in your journey. This book is perfect for the caregiver to understand what a cancer journey can feel like and I am sure it has brought comfort to many people as they face a diagnosis.

Malia says

I had the privilege of reading an advanced copy of this beautiful memoir and would highly recommend it for anyone facing a difficult diagnosis. Paige's candor and courage inspire while her concrete advice offers hope and positivity.

Jane says

I heard the author speak at a local bookstore, and enjoyed it very much. I also appreciated this book, because it's a combination of her medical journey and all things woo-woo. If you enjoy Christiane Northrup, I think you will like this book, and it's all the better because she's an Austinite now.

Justin says

As a testicular cancer survivor, I found this book very applicable and helpful. I was given an advance reader copy by the author herself and I could not be more appreciative of the message that sparked it.

At first, I wasn't sure what to expect since I am not a practitioner of yoga or formal mediation. I found myself glued to the book from start to finish and realizing more and more that I use a number of mindfulness practices in my own daily life.

The book is very easy to read and written from the perspective of the author. I appreciated her use of everyday language and her inner monologues that were shared throughout.

Perhaps my favorite thing about this book was that it didn't take an 'either or' approach in regards to medical practice versus alternative healing. Rather, it was about joining the two, which I think is an important message to any cancer patient.

I recommend this book to any person touched by cancer, as this is truly an inspiring and relatable guide for what they may face and what's to come.

Sharon Mensing says

Each woman's experience of breast cancer is unique and, at the same time, it seems to tap into some universal truths. So it almost seems like no coincidence that this book came across my radar just as I was finishing chemo and starting to try to think of myself as a survivor. This would be seen as an opportunity to "celebrate the wins," by Paige Davis, who offers a list of lessons learned at the end of her book. As Davis describes the physical, emotional, and spiritual journey she took through her experience with cancer, she somehow manages to articulate the connection between the feeling of care and support provided by loved ones and the importance of being, individually, in a state of mindfulness as you are ultimately alone with your experience in the middle of the night. Davis maintains a sense of humor about the woo-woo (her term) aspects of her consciousness, and this helps make her insights useful even for those who may be less comfortable with alternative medicine. She provides the text for meditations around surgery and around survivorship, and these should prove useful reading (and re-reading) for anyone, whether or not actual meditation is a part of their daily activity. The book is a quick read and written in a conversational voice, and any woman dealing with a breast cancer diagnosis should find many useful passages in it. For me, I suspect it will be something I refer back to as I continue through the journey of transformation myself.

Thank you to netgalley for providing a copy of this book for review.

Basic B's Guide says

Every journey is unique. There is no one size fits all for breast cancer diagnosis. Paige's experience is her own. I've seen how healing writing can be, so I appreciate Paige's story. While we shared some of the same journey, we had many differences. What I would say we had in common was that we set the tone for our journey. When I was first diagnosed I noticed immediately how differently people reacted. I couldn't have people falling apart around me if I was to put up a good fight. So, I decided that cancer would define me. It was going to define me as a fighter, survivor and general kickass woman. There are three things that made my battle successful. My faith, positive attitude and my army of supporters. Without this trifecta I wouldn't be where I am today. Life sometimes throws us curveballs. Its what we decide to do with them that matters.

Thank you to @booksparks for including this in the #magicofmemoir 3.0 tour and providing me with a free copy.

Christina says

Here We Grow: Mindfulness Through Cancer and Beyond by Paige Davis tells the author's story of her diagnosis of breast cancer at the age of 38, and how she chose not to do battle per se but to embrace the experience with love and mindfulness. She is aware that to some it will sound a little too woo-woo, and it was refreshing to have an author come out and say that some may think her ways are a little too kooky for the average joe, but I think there's something to be taken from this book no matter where you land on the woo spectrum.

First off, I have to say that for a memoir, this book is extremely well written. Actually, I need to take that "for a memoir" out of it, and just say...for a nonfiction book, Here We Grow is very well-written, easy to read, and compelling enough to keep me reading the entire thing in one sitting. That is a pretty rare thing in nonfiction, and although it could be a case of the right book at the right time, I would read other things by the author...and I'm no meditation/yoga/mindfulness junkie or anything. Davis writes in a way that makes you feel like you're one of her friends, and yet it's not so casual that you feel like you're reading her diary entries.

As a very fit and health conscious woman, Davis is initially thrown by her cancer diagnosis...as is everyone in her position, I'm sure. But almost immediately she decides she wants to take all negativity associated with the cancer away. She comes up with a care plan instead of a battle plan...tells her family she doesn't want to hear anyone speak negatively or talk about "doing battle", which is a VERY common term...as I struggled to not write "A woman battling breast cancer" when typing up this review. And really, I can see where she's coming from. I had a conversation with my husband recently in regards to a family member being diagnosed, and how it must feel to be surrounded by 100+ people who are all stressed, angry and although they have the best of intentions, filling you with more dread than you already have. My husband actually said he wasn't sure he'd want to tell anyone, because in his eyes that would make it even harder to process and keep your own head on straight. I think the compromise would be to deal with it how Davis did.

I loved every minute of reading how the author dealt with her diagnosis and treatment. She was surrounded by a caring family and wonderful friends, with treatment at M.D. Anderson...one of the best cancer treatment facilities around. She had the help of a mindfulness guru to come up with meditations for each major surgery and chemo, which she felt helped to keep her head in a good place and the energy around everything where she wanted it to be. She was able to put the right foods in her body to promote healing. And was healthy enough before the diagnosis to come out the other end with a body in a good place to build itself back up again.

Might it be a little too woo-woo for a lot of people either going through cancer, or with family and friends dealing with a cancer diagnosis? Perhaps. But even if it just gives you a different perspective and way of thinking about things...or one little tip you hadn't thought of...in my mind it's worth the read. I'm okay with a little woo in my life. And there's not a big difference in my mind between a beautiful well-written healing visualization, and a healing prayer asking for God to be with your surgeon, etc. You take the information given to you, swirl it around with what is important in your life, and make it your own.

Fabulous memoir. I immediately followed the author everywhere, and had to see how she was doing now since her diagnosis was a few years back. Incredibly nice lady folks, and I can't thank Booksparks and the author enough for sending this book my way.

You can find this review, and many others at www.tomesandtequila.com

Tom says

I received an advanced copy of this manuscript from the author herself after I was recovering from my own (second) brain surgery. I reached out to her as I was interested in her experience using mindfulness and meditation practice to get through her breast cancer as I am planning on using these approaches to get through my recovery in the best way possible.

Although more a breast cancer survivor story, I appreciated her candor and use of mindfulness and meditation as well as other holistic approaches such as acupuncture, visualizations, Pilates, diet and positive thinking. Taken together, Paige weaves her story together in a wonderful way that makes the reader feel fully engaged.

Overall, this is a positive memoir that will be useful for anyone who is interested in leveraging mindfulness practice through a major diagnosis... and beyond. May your health continue to flourish, Paige!!
