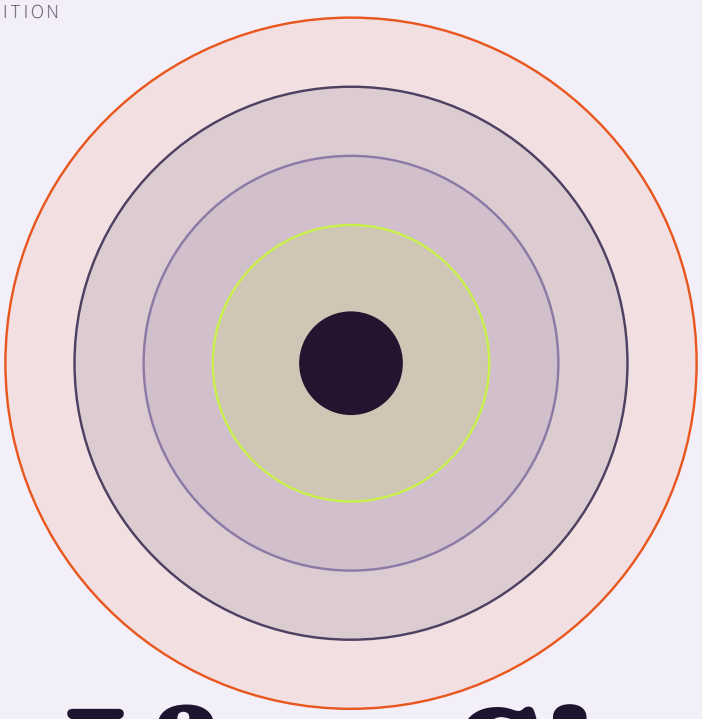


Rise After Silence: An ER Doctor and the Patients Who Healed Her

A reading of the book by Anne Aspler (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Rise After Silence: An ER Doctor and the Patients Who Healed Her, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Anne Aspler is a Canadian emergency physician, and this is her first book. Rise After Silence is a memoir that moves between her shifts in the ER and the childhood she spent years outrunning: religious fundamentalism, foster care, poverty, a mother living with severe schizophrenia and a father later convicted as a serial rapist. It is built around patients whose stories mirror her own, among them sexual assault survivors, women injured by their partners and people living with PTSD and addiction. Its argument is that violence kept private does not stay contained but carries through a life and down a family, and that speaking about it is where repair begins. Running through it is a practical question: what she will tell her young daughters about their grandparents.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1

HOURLIFE TAKEAWAY

Silence keeps a wound in place; saying it out loud is where healing starts.

Aspler frames her years in emergency medicine as a slow lesson from her patients: the hurts nobody names are the ones that stay. She had trained herself to suppress everything, and the book is her record of learning to stop.

2

HOURLIFE TAKEAWAY

Violence that stays private does not stay small: it builds up and moves into the next lives it touches.

This is the book's central claim. Aspler traces harm across her own family and sees the same pattern in patients who arrive at the ER carrying what happened at home.

3

HOURLIFE TAKEAWAY

Caring for other people can show you what you have been running from.

When Aspler treats women hurt by their partners, or patients living with PTSD and addiction, the line between doctor and patient starts to blur. The ER becomes a mirror she did not ask for.

4

HOURLIFE TAKEAWAY

Running in the opposite direction can get you out, but it does not settle what you left behind.

Aspler became a Harvard-trained doctor, cut ties with her father, left her faith and built a tightly controlled life. The memoir shows that control kept the past quiet without resolving it.

5

HOURLIFE TAKEAWAY

Children of struggling parents often learn to apologise on their behalf.

Early in the book, a patient's grown son arrives at her bedside already apologising for his mother. Aspler recognises the reflex at once: she keeps her own running list of apologies made for her mom.

6

HOURLIFE TAKEAWAY

A system can do its job and still leave the person without what they came for.

The book opens at 5 a.m. with a young woman, unsure what happened after a date, who wants only the morning-after pill and leaves without an evidence exam. Aspler writes plainly about how little the system offers survivors beyond stitches, prescriptions and stored evidence, and she floats better ideas, such as follow-up care that comes to people's homes.

7

HOURLIFE TAKEAWAY

You cannot choose what to pass on until you look at what you were given.

The question that drives the memoir is how to explain her parents to her young daughters, and whether they should ever meet their grandfather. Answering it means facing the story first.

8

HOURLIFE TAKEAWAY

Other people speaking up can open memories you had shut away.

A turning point in the book comes around the #MeToo period. As women around the world began to speak, Aspler came to terms with her father's crimes and with memories from her own childhood she had pushed down.

9

HOURLIFE TAKEAWAY

Getting the facts of your own childhood on paper can be bittersweet and still worth doing.

Aspler and her sister eventually obtain their foster care records. The facts do not undo anything, but they replace guesswork with a record, which is part of telling the truth.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write your inheritance ledger
- [ ] Name who could hear it first
- [ ] Save support numbers before you need them
- [ ] Ask what records exist
- [ ] Draft the short version for the next generation

KEEP UP DAILY

- ◯ Say one true sentence a week
- ◯ Notice the mirror
- ◯ Debrief after hard days

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Write your inheritance ledger

List five things your family handed you: how anger was handled, what was never discussed, how love was shown.

Mark each one keep, change or put down.

MY VERSION

DONE ON

- [ ] SETUP 2

Name who could hear it first

Write down one person you could tell something you have kept quiet: a friend, a sibling, a doctor or a therapist.

You don't have to tell them yet. Just know who it would be.

MY VERSION

DONE ON

- [ ] SETUP 3

Save support numbers before you need them

Put your local emergency number and a crisis or abuse support line for your country in your phone contacts today.

It takes two minutes and matters most on the worst night.

MY VERSION

DONE ON

- [ ] SETUP 4

Ask what records exist

If parts of your childhood are blank, find out who holds the file: a relative, a school, a hospital or a care agency.

Decide with someone you trust whether to read it alone.

MY VERSION

DONE ON

- [ ] SETUP 5

Draft the short version for the next generation

Write two honest, age-appropriate sentences about your family history that you could one day tell a child, niece or nephew.

Keep it true and short.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Say one true sentence a week

Once a week, tell someone you trust one thing you would usually keep to yourself.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Notice the mirror

When someone else's story hits you harder than expected, write one line afterwards about what it touched in your own life.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Debrief after hard days

If you work in care, take five minutes after a hard shift to talk it through with a colleague or a notebook.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

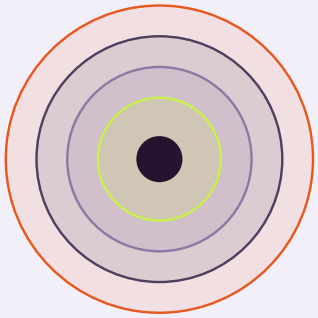
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28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



What you were handed is not what you have to hand on. Say it out loud, then choose.

HOURLIFE NOTE AFTER ANNE ASPLER