

# LIVE LIKE YOURSELF IN YOUR FINAL MOMENTS: THE MEANING OF HOSPICE CARE

## 生命的最後一刻，都活得像 自己——安寧照護的真義

*Dr. Hsieh Wan-Ting draws on end-of-life experiences with nearly 10,000 patients to write about life in its final stage. With these true stories, she aims to help everyone not just to die with dignity, but also to live like themselves at the end.*

Many people assume that hospice care is simply about ensuring a peaceful death, but they overlook a more crucial aspect: as the end nears, it's not just about passing away peacefully; it's also about living well as one's authentic self. Dr. Hsieh Wan-Ting, who has accompanied nearly 10,000 patients in their final moments, redefines the true significance of hospice care with poignant, real-life stories.

The book is divided into three parts. In part one, The Challenges of Hospice Care, the author uses six stories to share the questions from family members and societal misconceptions she confronts in her daily work. Part two, There Are No One-Size-Fits-All Answers in Hospice Care, explores the individualized support each case requires, whether it involves an elderly patient with dementia, a patient attempting suicide, or a family unable to see their loved one for the last time because of the pandemic. The third and final part, What Hospice Care Teaches Us, presents a diverse range of patients, including prisoners, entrepreneurs, and Indigenous tribe members, to demonstrate how the humane qualities of hospice care transcend race and background. Each chapter concludes with "Dr. Wan-Ting's Heartwarming Tips", providing professional and practical



**Category:** Memoir

**Publisher:** Aquarius

**Date:** 3/2025

**Pages:** 288

**Length:** 79,098 characters  
(approx. 51,400 words in English)

**Rights contact:**

bft.fiction.nonfiction@moc.gov.tw

knowledge on hospice care drawn from the author's decade-plus of medical experience.

Dr. Hsieh records sincere, earnest interactions between doctors and patients with a warmth that shines through her writing – no preaching or difficult medical terms, just powerful stories. Whether the reader is facing a loved one's illness, has questions about life and death, or is working in medical care, this book will provide profound inspiration and practical guidance, helping people rethink how to live their lives to the fullest in life's last moments.

## Hsieh Wan-Ting 謝宛婷

Hsieh Wan-Ting is director of the Hospice Care Center at Chi Mei Hospital, adjunct assistant professor of humanities and social medicine at National Cheng Kung University's School of Medicine, and founder of the SüRüM Bookstore. She is a longtime promoter of hospice care education and social advocacy. The simplified Chinese rights for her book *To Die Means Living: A Hospice Care Physician's Reflections on the End of Life* have already been sold.