

READY OR NOT

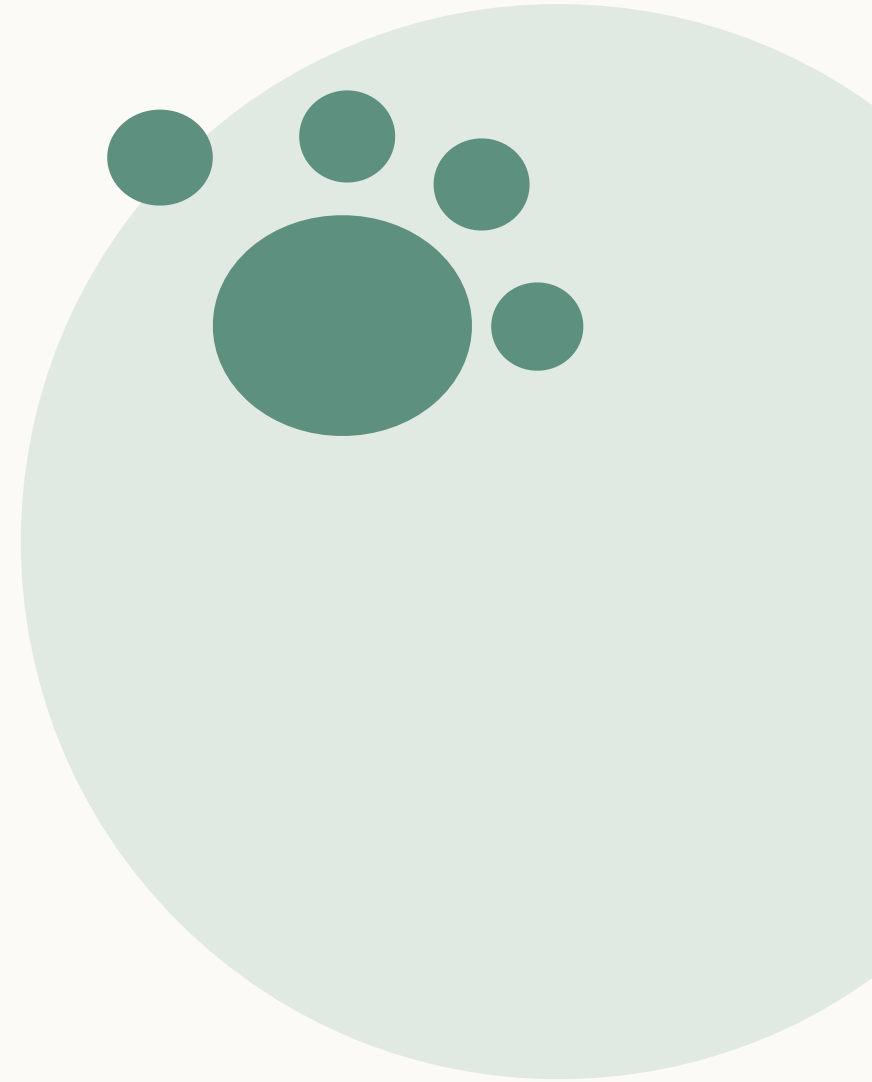
A Bedside Companion for Your Hospice Journey

A LIVE CONVERSATION ON DENIAL, HOPE, AND PRESENCE

**Every good story starts
with a name that doesn't stick.**

MONSIEUR FROMAGE

a.k.a. Caesar. a.k.a. Mr. Cheeser.





*“I'm going to ask you to go
somewhere vulnerable with me.”*

A nod's enough.

**Is there something —
big or small — you've been
quietly not dealing with?**

JUST NOTICE IT. DON'T ANSWER OUT LOUD.



**“Denial is more addictive
than any drug I know of.”**

HOW DENIAL BUILDS AN ISLAND



The problem was never that you felt it. The problem is only when you get stuck there.

*“What would that information
actually do for him?”*

Does love translate into demanding more quantity, or embracing more quality?

QUANTITY

More tests.
More treatments.
More time, at any cost.

QUALITY

Presence.
Comfort.
Being fully there, for
however long that is.

NOTHING LEFT TO PROTECT

“I don't care if the only thing they want for breakfast is a brownie sundae. Give them what they want.”

WE POLICE HEALTH FOR A FUTURE THAT'S NO LONGER THERE.



*“When you truly love something
unselfishly, you learn to recognize
when it's time to let go — and you
do it as gently as you possibly can.”*

GRACE IS WHAT HAPPENS WHEN YOU STOP PERFORMING “WE'RE FINE.”

“I’m going to miss you.”

Four words. That's often all it takes to open the door.



What are you hoping for?

IN YOUR LIFE. TODAY. RIGHT NOW.

**Hope doesn't die there.
It just changes what it's pointed at.**

THE 80/20 RULE

“Can they still hear me?

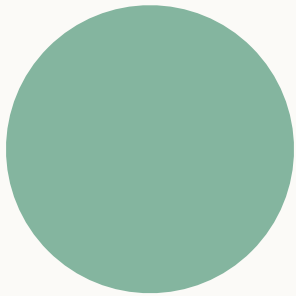
Does it still matter if I talk to them?”

We don't know if it's 80%, or 20%. What we do know: fill that time with love and laughter, and something gets through.

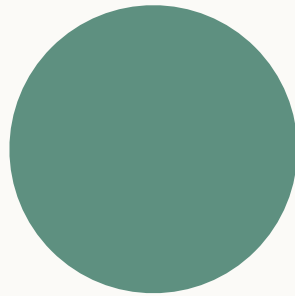
*“Your family's been so kind
and supportive — you're a
rich man in that way.”*

“Rich. Very rich. And I'm grateful.”

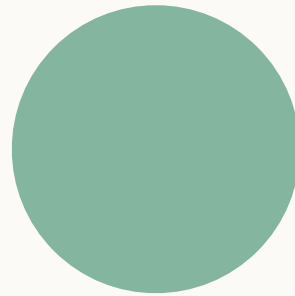
**There is no blueprint
for any of this.**



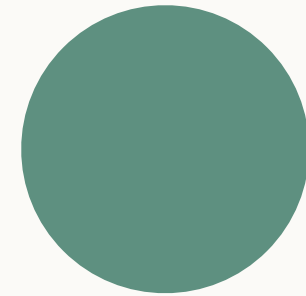
A dull ache



An avalanche



A fog



Relief

Every single one of those is normal. There is no wrong way to do this.

**Death is the cost
of admission to life.**

NONE OF US GET OUT OF PAYING IT. NOT ONE.

*Not that you leave
here unafraid.*

**Just a little less alone in it
than when you walked in.**

Thank you.