



True Empathy

Melissa Forgey

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Aging ... Do you fear it, or do you embrace it?

True Empathy takes you on a journey through the eyes of a care provider with thirty-two years of experience in caring for the elderly. Melissa fearlessly talks about aging from a professional perspective and as a daughter of aging parents. A feeling she calls true empathy paved her way. She shares pieces of her personal life, which include family mental illness, suicide, secrets, cancer, death, and healing.

True Empathy addresses current attitudes about aging and illustrates how our overburdened healthcare system still often neglects our most vulnerable people. This story offers hope and guidance from perhaps unexpected places. If you are concerned about your own aging, that of your parents, or that of another relative—whether aging or in the dying process—this book could prove to be an invaluable resource. And if you are a care provider, considering a career in care providing, or simply a person who cares about others, Melissa's experiences will resonate with you.

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