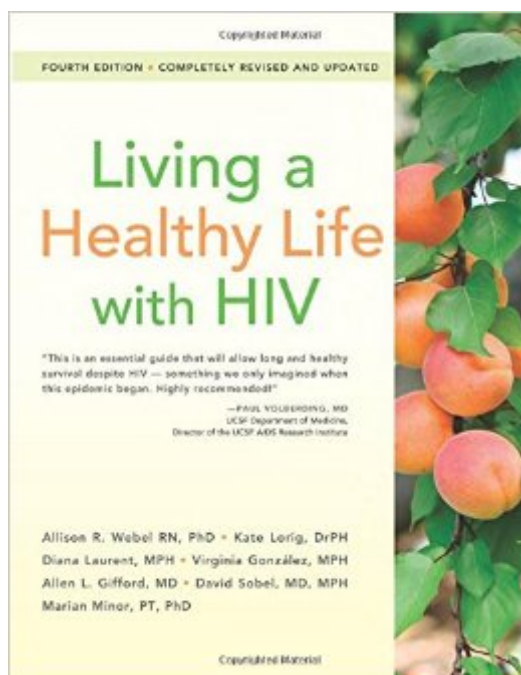


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# Living A Healthy Life With HIV



## Synopsis

Completely updated to the current care guidelines from the Centers for Disease Control and elsewhere, this book addresses the current emphasis on managing medications for HIV treatment and many of the illnesses that commonly occur along with HIV. Combining the latest medical advice with the ideas of hundreds of people living with HIV, the book is helpful for adults living with HIV, and for friends, family members, and others who support anyone struggling with HIV. New additions to this edition include topics such as aging with HIV and coping with the emotions brought about by being a long-term survivor.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

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## Customer Reviews

Reading this book answer a lot of questions about HIV. It's an education in how to overcome the effects of HIV and in reality what everyone could be doing to live a healthy life. It used to be that HIV was considered a death sentence for anyone with HIV. Thatâ™s not true and itâ™s well proven by the group of doctors, psychologists, nurses, and therapists who came together to write this book. HIV is a chronic disease, much like any other, itâ™s serious but there are treatments available today that were once unknown. Men and women whoâ™ve contracted HIV must learn how to live with the symptoms which can be a vicious cycle ranging from physical limitations to emotional anxiety to chronic pain to poor sleep. As the authors of this book discuss in many chapters of the book, the person with HIV has to take control and be responsible for their self-care. Managing a chronic illness is as complicated as it is complex. There is no easy road and this book covers the details of how to manage HIV as a chronic illness.

For anyone newly diagnosed, this is a great starting point. The book is divided into specific topics beginning with HIV 101 basics. You do not have to read the chapters in any specific order, the publisher has made flipping through chapters easy. At the end of each chapter there is a summary page with resources. Overall, this is a great book for anyone newly diagnosed or for anyone looking to further their understanding of HIV. Best regards!

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