



"I Just Found Out I Have HIV... Now What?": Firsthand Practical Advice to Guide You Gently from Crisis to Living in Peace With HIV and AIDS

Timothy Critzer

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Perhaps you have just heard the shocking news that you have HIV, sending your mind and your life into crisis. You are searching for someone to tell you what to do next and how to be okay. Help has arrived. Written by someone living with HIV, this first-of-its-kind book is meant to gently fill your head, heart and life with the firsthand wisdom and guidance needed to move from crisis to acceptance to living in peace with HIV. This book leads you on a journey through four stages designed to end your crisis, build a solid foundation for your future, manage HIV within your life and achieve the balance that leads to peace. Meaningful insight and advice is provided for each issue or decision that you might now face, including telling family and friends your news, learning how to forgive yourself, reducing the risk of re-infection or infecting others and managing your HIV treatment. Each chapter includes examples of publications and websites available as resources to support your journey. In addition, a workspace page is provided at the end of each chapter for you to record any immediate thoughts or ideas to use later. The appendix lists one state-level HIV/AIDS organization contact for each state, along with that state's AIDS hotline. Even if you have been living with HIV for some time, you will likely experience healing from reading this book, especially if you have never reached a place of peace about having HIV. This book may also provide your family, friends or partner with valuable insight into what you are going through regarding your HIV diagnosis, whether it was recent or not.

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That guide can make you to feel relax. That book "I Just Found Out I Have HIV... Now What?": Firsthand

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