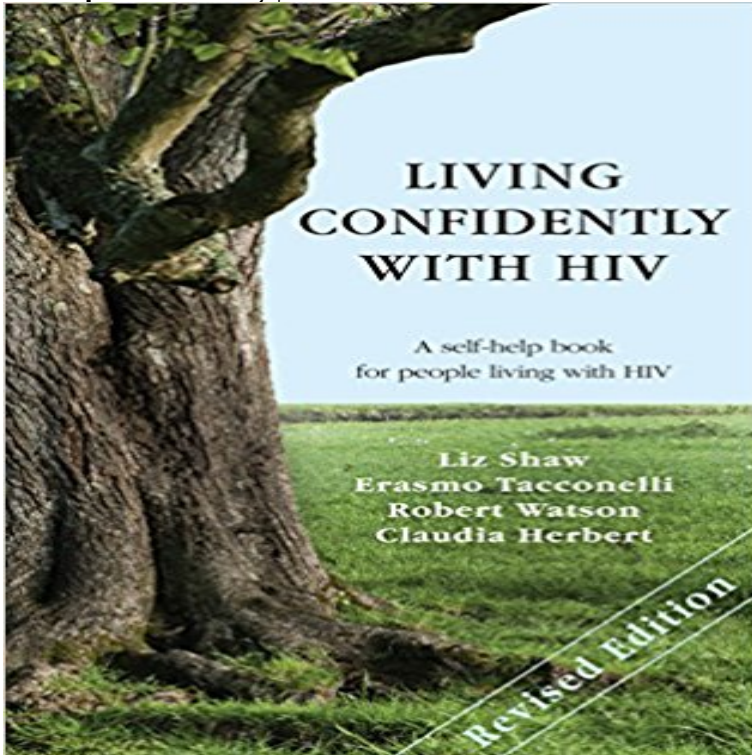


Living Confidently with HIV - Revised Edition: A Self-help Book for People Living with HIV



This sensitively written volume offers a rich overview of the difficulties and concerns facing people with HIV and provides a wealth of ideas on how to cope with this condition. Readers will gain enormously from this volume. [Professor Paul Gilbert, bestselling author of *The Compassionate Mind*] Living Confidently with HIV is required reading for anyone with HIV or caring for someone with HIV. Written in a clear and direct style, filled with helpful facts, practical tips and self-help guidelines, the reader will find this book an invaluable guide to living a more fulfilling life with HIV. I recommend this book with enthusiasm. [Dr Robert L. Leahy, President of the International Association for Cognitive Psychotherapy, New York] An invaluable book for those who have HIV or are close to someone who does. Explains with clarity the medical side of HIV, and discusses how to improve your quality of life and sexual well-being whilst living with HIV. Provides help in accepting the diagnosis, adjusting to HIV, and finding positive ways to move forward. Comprehensively covers a wide range of issues, important to those living with HIV: medication, sex and relationships, disclosure and much more. Contains lots of helpful testimonials from people living with HIV. Written by clinical psychologists in the fields of sexual health and HIV, mental health, and stress and trauma.

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Herbert write Dec 17, 2015 2016 Revised Edition of Living Confidently with HIV: A Self-Help Book with extensive coverage of the issues facing people living with HIV **Living Confidently with HIV: A Self-Help Book for People Living with** Nurs Stand. 20(49):30. 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