Up-to-date, reliable and practical health information for people living with HIV and their significant others.

In easy-to-understand everyday language the authors give information to help individuals with HIV navigate the healthcare system, covering everything from receiving an initial HIV test to becoming an engaged member of their healthcare team, knowledgeable and actively involved in their healthcare decisions.

The authors include vignettes based on their real-life experiences that speak to the individual with AIDS. However, they approach HIV in a holistic manner and write not for the individual with HIV, but also their friends, family, and community.