



HIV: Can One Voice Really Make a Difference? Yes it can!

In 2009 Paul Thorn, was widely credited with overturning the ban preventing people with HIV from entering the United States. One voice can make a difference.

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I could just write this press release, in the third person and try to convince you I'm a major publisher. I am not. I am one person. I have something to share with the millions of people around the world who currently live with HIV. It has the potential to improve their emotional wellbeing and lead more independent and successful lives. I need your help to make a difference.

I'm breaking every rule about writing a press release. However, if I'm just honest about what I'm trying to achieve, you may be more inclined to help - there's no sparkly PR Company behind my efforts.

I've been HIV-positive all my adult life, since I was 17-years-old. That was over 30 years ago. Today I'm aged 47-years-old. I lived through the darkest days of the AIDS pandemic. Many of those I knew died. It was very nearly 'my time' too. My immune system had completely collapsed by the mid-90s. Somehow, I survived through to the late 1990s when treatment to manage the virus became available. It worked! Physically I improved, but emotionally I struggled to come to terms with the idea I was going to survive HIV. I'd gotten so used to the idea of dying, to the point it was a comfort to me. I'd absolved myself from the responsibility of life. Everything I thought I knew was turned upside down. HIV is no longer a death sentence for the majority. My problem wasn't dying anymore, it was living. It's the same for millions of others with HIV the world over. I had to find a way to co-exist with the virus and the result of my journey was the First Edition of HIV HAPPY, self-published in 2015. I committed my small resources (from part-time working) to make the book a reality. Here's a snapshot of how it was received;

"Dealing with issues of low self-esteem or destructive patterns? Paul Thorn's easy, breezy HIV Happy is just the self-help pick-me-up you need. This small book could make a big difference in your life." Poz Magazine, New York

"While inspirational books saturate the self-help market, none delves into the issues of living a positive, fruitful life quite like U.K. author Paul Thorn's newest release, HIV HAPPY." HIV Plus Magazine, Los Angeles

"HIV HAPPY offers a short and to-the-point, brutally honest yet much needed self-help read." A&U Magazine, New York

In December 2017 I self-published a revised Second Edition of HIV HAPPY. Today, I've come to the decision that it's too important to not share freely the information contained in this book's pages - especially when the virus so often affects the poorest and most marginalized, vulnerable people in the world. Therefore I'm making a PDF of HIV HAPPY available free of charge, to all who want it, for all time. [It's available from www.hivhappy.co.uk](http://www.hivhappy.co.uk). I appeal to you to help one voice make a difference to those who have yet to find theirs by sharing this information.

About the Author

Paul Thorn has been HIV-positive all of his adult life. His diagnosis inspired him to become an AIDS activist and also to write. A long-term survivor and now aged 47-years-old, he's worked internationally with some of the world's most highly respected organizations and NGOs.

In 2009 he was [widely credited with overturning the ban](#) that prevented people living with HIV from entering the United States. An author of several books, he has been a regular contributor to a variety of news, health and lifestyle publications for over two decades. In 2014 he was one of five finalists nominated by Stonewall for Journalist of the Year.

He lives in Brighton, England.

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