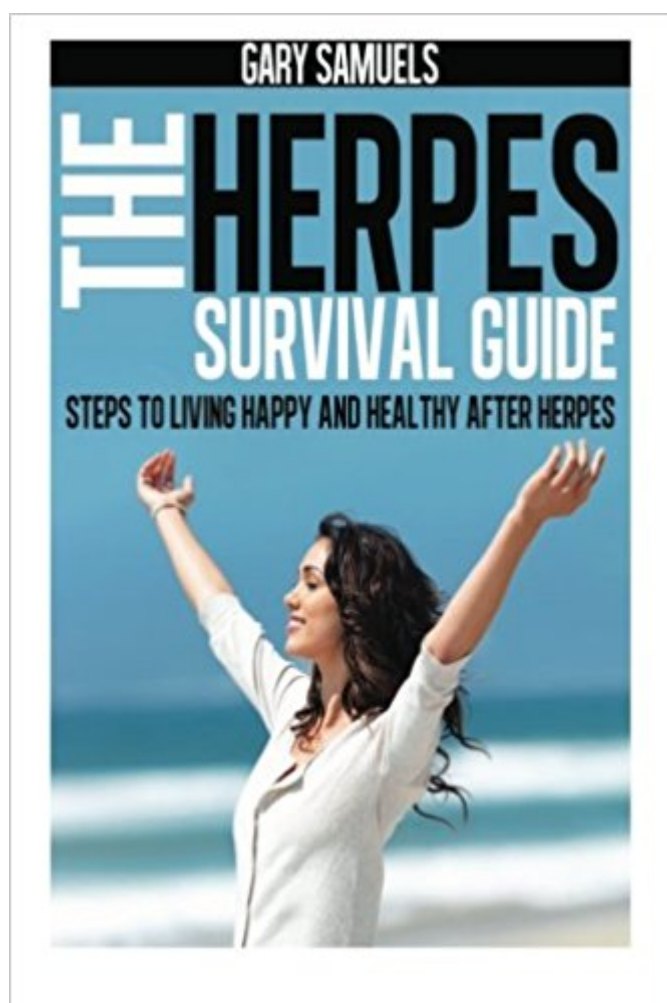


The book was found

The Herpes Survival Guide: Steps To Living Happy And Healthy After Herpes



Synopsis

The Herpes Survival Guide is a seven step process to become happy and healthy after a Herpes diagnosis. Herpes comes in two main types HSV-1 (cold sores) and HSV-2 (genital herpes). Both can cause difficulties in your health, self esteem, and dating/sex life. There is a lot to learn about living with Herpes. The Herpes Survival Guide has 187 of tips, strategies, and advice to living life to your fullest with this little virus. The Guide is based on the website <http://www.happy-with-herpes.com/>. Herpes is treatable! You can do many things to treat Herpes such as medication, herbal remedies, and prevention strategies. You can also have an active, loving dating and sex life with Herpes. You'll have to make just a few changes to have healthy sex with this virus. Here's what you'll learn in The Herpes Survival Guide: Step One: Getting a Diagnosis. In this chapter you'll learn about the different Herpes viruses, and how to get the right test. Many people don't know if they have Herpes, so getting an accurate test is essential. You'll also do some exercises that will help you through accepting and coming to peace with your diagnosis. Step Two: How to Calm your Crazy Emotions. You can be very emotional after a Herpes diagnosis. In this chapter you'll explore the reasons for your emotional reaction and some underlying deeper emotions that exaggerate a negative reaction. You'll go through some exercises that will help calm your emotions, that way you can begin taking positive actions so you can live happy and healthy with the virus. Step Three: How to Treat your Outbreaks. Getting uncomfortable outbreaks is the worst part of having Herpes. In this chapter you'll learn the best ways to manage and suppress those outbreaks. Step Four: How to use Herpes Support Groups. Joining a support group can help you a lot when you first get a diagnosis. You'll meet new friends and receive much needed emotional support. Step Five: How to Tell Your Partner. Telling your partner that you have Herpes is one of the most intimidating early challenges when you first get Herpes. This chapter has some useful exercises and instruction on how to do this. Step Six: How to Date and Have Sex with Herpes. This chapter gives some simple advice on how to restart or continue your dating life after the Herpes diagnosis. It's a lot easier than you might think. And there's you'll get suggestions and precautions about what you'll have to do in the bedroom also. Step Seven: How to be Happy and Healthy with Herpes. Improving your health is quite important after a Herpes diagnosis. In this chapter you'll learn suggestions for bettering your health which lowers risks of outbreaks. You'll also get some great tips for staying happy with the virus.

Book Information

Paperback: 260 pages

Publisher: CreateSpace Independent Publishing Platform (July 7, 2012)

Language: English

ISBN-10: 1478231092

ISBN-13: 978-1478231097

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 1.8 out of 5 stars 3 customer reviews

Best Sellers Rank: #2,554,447 in Books (See Top 100 in Books) #70 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes](#) #3473 in [Books > Health, Fitness & Dieting > Sexual Health > General](#) #7821 in [Books > Self-Help > Sex](#)

Customer Reviews

Gary Samuels is the author of the website: <http://www.happy-with-herpes.com> Gary has had genital herpes for many years and wanted to share his experience on how to live and happy and healthy with this virus. He has helped thousands of people on his website learn to live with this virus and looks forward to helping many others through the publication of this book.

I was little disappointed in this book. It's poorly written--very choppy. And no new info for me. Not a great buy.

I found this publication to be only one step above a homemade one. No further information was made available to me and for the cost it was disappointing.

I wouldn't trust what this book has to say because right in the item description there is misinformation. Stating that HSV1 causes cold sores and HSV2 causes genital herpes is not correct. Either strain can infect orally or genitally and over 50% of newly diagnosed cases of genital herpes are caused by HSV1. If you are looking for a well researched, informative, and easy to read book about herpes I highly recommend, "The Good News About the Bad News", by Terri Warren. I learned a lot from it and found it helpful in coping with my diagnosis.

[Download to continue reading...](#)

Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life!
(Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes

Treatment) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: for beginners - Herpes Cure - Herpes Remedy -Genital Herpes (Herpes Cure - Herpes Treatment - Herpes Therapy - Herpes Remedies Book 1) Herpes: 50 Ultimate Herpes Cures: How to eliminate Herpes for life and never suffer from outbreaks again (Herpes Treatment, Genital Herpes, Herpes Zoster, ... Cold Sore, Health, Herpes Protocol Book 1) Herpes: HERPES TREATMENT. HERPES CURE.: How to Finally Overcome Herpes and Cure Herpes Forever (Herpes Cure, Herpes Treatment) Herpes: The Ultimate Herpes Cure (Herpes, Herpes Cure, Herpes Treatment, Herpes Virus, Herpes Free) Herpes: The Ultimate Beginners Guide To Eliminating Herpes: How You Can Overcome Herpes And Finally Enjoy Your Sex Life (Herpes, Cold Sore, How To Cure ... Cure, Genital Herpes, Herpes Simplex,) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes The Herpes Solution: How to Free Yourself of Genital Herpes... for Good! (Genital Herpes Book, Cold sores, genital herpes, genital herpes cure, genital herpes treatment) The Herpes Survival Guide: Steps to Living Happy and Healthy after Herpes Herpes: Herpes Cure: A Complete Guide To The Medical And Herbal Treatments For The Herpes Simplex Viruses (Herpes, Genital Herpes, Cure) The Herpes Cure: Ultimate Guide To Herpes Cure And Be Free Of Herpes Forever: Herpes Treatment, Skin Care, Self Care, Free Herpes Herpes: Herpes Cure: Treatments for Genital Herpes and Oral Herpes, Diagnostic Techniques and How to Stay Herpes Free for Life (Health and Fitness Book 2) The Herpes Cure: Obliterate the World's Most Annoying and Exaggerated Virus and Finally Cure Herpes (Second Edition, Developed Life Health and Wellness ... Herpes Prevention, Herpes Cure) Book 1) The Herpes Cure: Treatments for Genital Herpes and Oral Herpes, Diagnostic Techniques and How to Stay Herpes Free for Life Herpes Treatment: Prevent Recurring Outbreaks And Heal Herpes Naturally (Herpes Books, Cold Sore, Immune System Boost, Virus Outbreak, Herpes Simplex) Herpes Free Guarantee: How I Got Rid Of Herpes Completely Without The Use Of Drugs. Follow These Simple Steps And You Can Be Herpes Free (Cold Sore, Skin ... Simplex, Sexually Transmitted Disease, STD) Herpes Free Guarantee: How I Got Rid Of Herpes Completely Without The Use Of Drugs. Follow These Simple Steps You Can Be Herpes Free Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Quick and Permanent Cure for Herpes: Natural Herpes Remedies That Proven to Destroy the Herpes Virus!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)