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"This book includes 12 personal stories about being young and living with hiv. About prejudice, loneliness and shame. But also about solidarity, love and courage. About changing pain to strenght and be a proud worrior instead of a defenceless victim. It is a strong and necessary book. And a beautiful reminder that hiv does not exclude life."

Susse Wold, actor, President of the Danish AIDS Foundation
"The journey described by these young people is a journey we can all learn from. They have lived with shame, guilt and prejudice, but they have had the courage to stand up and defy the fear. You cannot develop as a person without making some choices. These brave young people have all chosen to tell about the fight it has been to dare tell who they are. Do the rest of us have that kind of courage? Their openness is the way to fight the prejudice and taboo still attached to being infected with hiv and aids."

Peter Mygind, actor, speaker

"I have supported the hiv / aids cause for more than 30 years. And I am still surprised by the widespread ignorance in the Danish population. The stories of these 12 young people really grasped my heart.

The anxiety, powerlessness and fear of life that hit you when you are infected demand so much love from the people close to you to help get through this, if you ever do. Not daring to tell about your disease because you fear the reaction of others must be the worst nightmare. And these 12 young people have felt this on their own body.

I encourage all people in Denmark to read the 12 stories with the heart so we together can help and support those infected with hiv and give them courage to shout their words out into the world. So they can get the love, care and support they really need and deserve.

I have the deepest respect for these 12 young people who dare stand up and share their stories."

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Stick to the truth

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12 personal stories by young people with hiv

