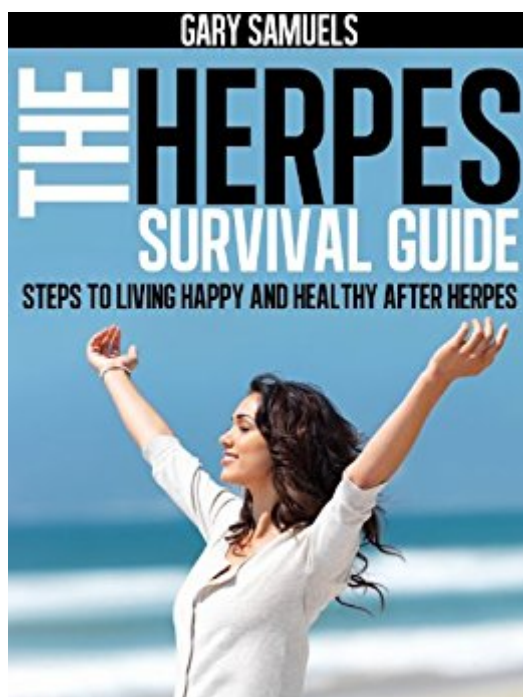


The book was found

# The Herpes Survival Guide



## 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

File Size: 742 KB

Print Length: 260 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 7, 2012

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B008L46008

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,435,549 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #75

in Kindle Store > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes #135

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Genitourinary & STDs #271 in Kindle Store > Health, Fitness & Dieting > Diseases & Physical

Ailments > Genitourinary & STDs

[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: The Ultimate Herpes Cure (Herpes, Herpes Cure, Herpes Treatment, Herpes Virus, Herpes  
Free) Herpes: HERPES TREATMENT. HERPES CURE.: How to Finally Overcome Herpes and  
Cure Herpes Forever (Herpes Cure, Herpes Treatment) 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) 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) Herpes Treatment: Prevent Recurring Outbreaks And Heal Herpes Naturally (Herpes Books, Cold Sore, Immune System Boost, Virus Outbreak, Herpes Simplex) 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 Quick and Permanent Cure for Herpes: Natural Herpes Remedies That Proven to Destroy the Herpes Virus! Herpes Free Guarantee: How I Got Rid Of Herpes Completely Without The Use Of Drugs. Follow These Simple Steps You Can Be Herpes Free 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: Genital Herpes and Oral Herpes: Symptoms, Diagnosis, Treatments, Pregnancy, Newborn, Preventions, Self-Care, Counseling, Research Treating Herpes Naturally With Larrea Tridentata: an Effective, Natural Remedy for Cold Sores, Genital Herpes, Shingles, Chickenpox, Epstein-Barr, and Other Herpes Outbreaks

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)