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Folder Title:

Living Life to the Fullest

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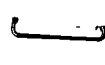
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Surely, 

Here is a copy
for your files.

Shirley

Press Release

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For Immediate Release

August 16, 1999

Celebrate the Gifts of HIV!

- A Call for Personal Stories of Growth and Triumph -

Washington, DC: The gifts we have received from HIV are numerous; in fact, no other illness in modern history has given us so much. That's why Steven Anderson, author and life coach, has issued a worldwide call for personal stories from anyone whose life has been positively impacted by AIDS and HIV. These stories will be accumulated and edited into an upcoming book entitled, *Celebrate the Gifts of HIV!* to be published next summer. The intent of the project is to bring attention, focus and discussion to the tremendous gifts we as individuals, families, communities and society are receiving by facing the horrific challenge of AIDS and HIV.

Anderson says, "In the center of all tragedy, major-life challenge, or set-back lie gifts, so extraordinary and wonderful, just waiting to be discovered." It is now time to turn our attention toward the discovery and celebration of these gifts. Their powers are instrumental in the true healing of our lives, our hearts and our world. By learning how to celebrate the gifts of HIV we begin to find balance and awaken from its nightmare.

President Clinton's Director of National AIDS Policy, Sandra Thurman, commenting on this publication states: "We are now in a unique position after 15 years of shared struggle to celebrate the indomitable strength of the human spirit, and the remarkable power of compassion and hope. The AIDS epidemic has given us the opportunity to define our own humanity."

Everyone who has had the transformative opportunity of facing AIDS or HIV somehow in their life has been confronted with the conflicting and sometimes painful awareness that his or her life has been positively transformed in various ways. Many people find themselves stronger, more enriched, experiencing a greater quality of life. Others have overcome obstacles that they never thought humanly possible to achieve. Individuals and families have been forced to confront and reflect on who they truly are and what is really important to them. And for many, they have begun to reveal their true heart and humanity. Dying becomes secondary to living. These are the stories we want to celebrate.

The stories will force us to look for a greater meaning behind the epidemic and the tragic losses our society has endured. They will challenge us to look at how we can use any tragedy to transform our own experience of life and our world.

We want people to take a moment and reflect right now on the gifts they have received from this illness. We want them to write it down and, if they feel comfortable, to contribute their personal story to be a part of this worldwide collection of healing, love and celebration.

For more information or a sampling of stories check out our web site at www.giftsofhiv.com.

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Living Life To The Fullest Publications

P.O. Box 21153 ▲ Washington, D.C. 20009
202.462.1286 ▲ 202.491.4653 ▲ 530.690.9655 fax
www.giftsofhiv.com ▲ www.livinglifetothefullest.com
director@livinglifetothefullest.com

Press Release

Celebrate the Gifts of HIV! - August 16, 1999

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Submission Guidelines:

- 1) There are three ways to submit a story:
 - a) **Mail to:** *Celebrate the Gifts of HIV!*
Living Life To The Fullest Publications
P.O. Box 21153
Washington, DC 20009
 - b) **E-mail to:** submissions@giftsofhiv.com
 - c) **World Wide Web at:** www.giftsofhiv.com
- 2) Please type the story.
- 3) Your phone number, email or mailing address must accompany each story.
- 4) If you desire to remain anonymous in the publication, we will honor your request. However, we do need information to contact you in order to review your entry. All applicant names and information will be held in strict confidence.

For more information check out our web site www.giftsofhiv.com or call 202.462.1286.

About the Author - Steven Anderson

(available for interview - 202.462.1286)

Anderson, working as a professional life coach and visionary activist for almost 3 years, challenges people to awaken to their true selves, their true desires and dreams. He provides instrumental support and structure as his clients courageously take the personal steps necessary to begin experiencing and living the life they were "called" to live. "It is so amazing and extraordinarily humbling to work with individuals in such an intimate relationship as they explore and begin to take the actions necessary to live their lives fully. What they discover is breathtaking!" says Anderson.

Infected in 1985, Anderson has used his own HIV positive status to radically transform who he is and the quality of his experience of life. "It started an extraordinary journey of awareness and discovery that has taken me to a myriad of places deep inside myself. It has left me with a quality of life that is magical and an experience of deep, personal relationships that were unthinkable to me at that time."

Anderson, ensuring he continues to live his life fully, bicycled across America last summer from Seattle to DC. He also spent three months in seclusion this winter in the San Bernardino mountains working on another book, *Redefining Success for the 21st Century: Moving from the Era of Accomplishment to the Era of Fulfillment*

Anderson recently relocated to Washington, DC after four years in San Francisco. He is director of Living Life To The Fullest Enterprises where he continues his work as a visionary activist, life coach, author and business consultant to progressive companies.

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Living Life To The Fullest Enterprises

**Publications
Seminars
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August 16, 1999

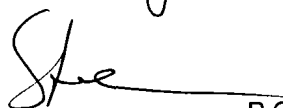
Sandy,

Thanks so much for your quote for the
"Celebrate the Gifts of HIV!" press release.
It was perfect!

The release went out today and starts
a six month campaign to collect stories from
around the world. I would very much
like to get your thoughts, perspective and story
for the book. Could we schedule some time
over the next couple of months?

Thanks for your help!

Celebrating Life,



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