You Are No. 1

HIV-positive author Marvelyn Brown says black women must love themselves first, last and always.

December 4, 2008 By Kate Ferguson

An HIV diagnosis at the age of 19 changed Tennessee native Marvelyn Brown's life in unexpected ways. Today, Brown is an HIV/AIDS awareness and prevention activist. With Courtney E. Martin, she has written *The Naked Truth: Young, Beautiful and (HIV) Positive* (Amistad/HarperCollins, $14.95).

Brown says she is saddened by rising HIV rates among African-American women. "A lack of self-love plays a major role," Brown says. "Black women have to start loving themselves and being strong enough to stop seeking acceptance from men at the price of their health."

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http://beta.docker.realhealthmag.com/article/marvelyn-brown-naked-truth-15735-9847