

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>