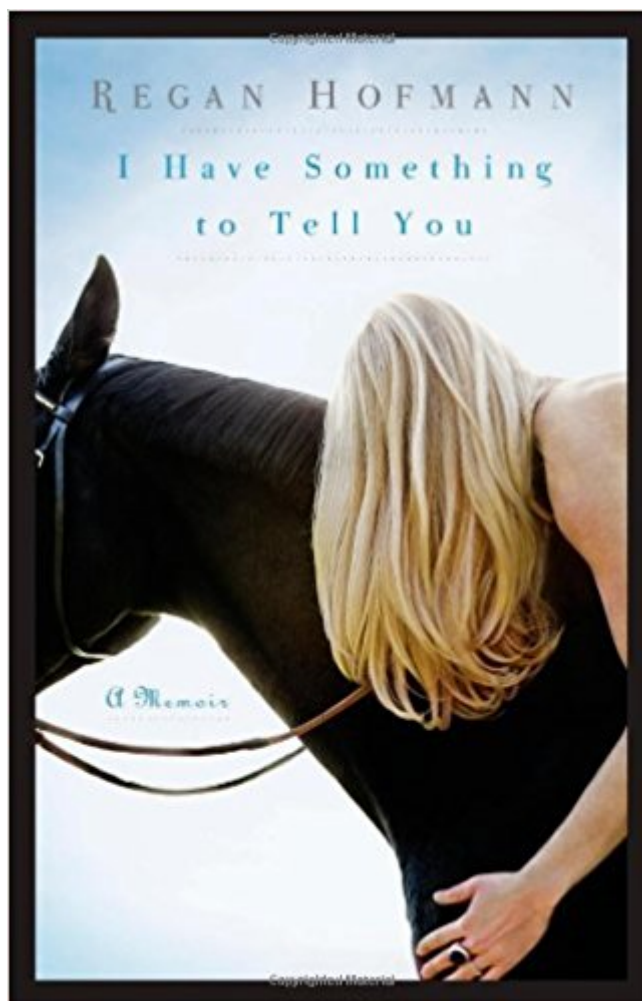




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# I Have Something To Tell You: A Memoir



## Synopsis

A candid and inspiring account of life with HIV from one of its least likely targets: a straight, young woman with everything to lose who ended up gaining more than she ever imagined. For ten years, Regan Hofmann lived a double life. To the world, she was a woman from Princeton, who went to prep school, summered in the Hamptons, and rode Thoroughbred horses. She had her dream job, supportive family and friends, and the kind of good looks that stopped men in their tracks. From the outside, she seemed to have it all. On the inside, though, coursing through her veins and weighing heavy on her mind, was the truth. A truth considered the exclusive property of gay men, IV-drug users, and sex workers: she was HIV-positive. Diagnosed in 1996, doctors told her she had a year to live. Regan contracted the disease from her boyfriend—a handsome, successful, “guy next door” type who she’d happily seat beside her mother at the Thanksgiving table. Petrified that people would assume she was promiscuous or into drugs, she resolved to keep her status a secret. Then, in 2006, ten years after she was delivered what, at the time, was essentially a death sentence, she became the first heterosexual female editor-in-chief of POZ magazine, the leading HIV/ AIDS magazine in the U.S., and appeared on the cover, much to the shock and amazement of all who knew her, and many who did not. Since then, she has become one of the nation’s leading AIDS activist. She has spoken on numerous television talk shows, from The Oprah Winfrey Show to Good Morning America, and in many high-profile publications, including Vogue and The New York Times. Like Lance Armstrong’s *It’s Not About the Bike* and Michael J. Fox’s *Lucky Man*, this memoir of disease takes readers from a place of ignorance and fear to one of understanding and inspiration, revealing the strength and tenacity of one woman’s will to not only survive, but also flourish in the face of the unthinkable.

## Book Information

Hardcover: 304 pages

Publisher: Atria Books; First Edition edition (September 22, 2009)

Language: English

ISBN-10: 1416598596

ISBN-13: 978-1416598596

Product Dimensions: 5.5 x 1.1 x 8.4 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.2 out of 5 stars 16 customer reviews

Best Sellers Rank: #816,651 in Books (See Top 100 in Books) #106 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > AIDS #167 inÂ Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > AIDS & HIV #644 inÂ Books > Biographies & Memoirs > Leaders & Notable People > Social Activists

## Customer Reviews

"Insightful and inspiring." -- Kenneth Cole"Extraordinary." -- Landon Jones, former managing editor, People magazine"This is not the life Regan chose. But it is a life she has embraced with courage and passion." -- New Jersey Life

"Insightful and inspiring." -- Kenneth Cole"Extraordinary."-- Landon Jones, former managing editor, People magazine"This is not the life Regan chose. But it is a life she has embraced with courage and passion."-- New Jersey Life --This text refers to an out of print or unavailable edition of this title.

Very long but book but the author is very good at her writing and tells the story with great detail and fluidity. Some parts dragged like when she kept talking about guy after guy she dated...blah blah blah...and the end kind of dragged a bit as she was discussing her activism but overall the book is an impactful read that will make you think. I love books that do that. To me the book is more than just an AIDS book it is a light that shines on immortality, stigma, our own cluelessness, people's love and acceptance no matter what, and a story of someone who chose simply to be strong. I read some reviews and I don't think it is fair to criticize the author for having money and HIV. It isn't a correlation it is something that just happened to her. Her having money does not make the impact of HIV on her any less poignant and I do believe you are missing the point when you take the time to even focus on that. And stories from all angles need to be told. I never really even paid attention to the fact that she had money as money cannot buy you health. I think the author is fantastic for taking her painful tragedy and embarking on a journey that is sure to touch many lives. All of us should have the audacity to stand up and take painful situations and turn them into something grandious. The world would be a better place for it. We all have a little HIV in us whether it be bitterness, hate, anger, and self pity. It all has the potential to tear us apart. As the writer proves it is all about how you handle it. And yes people HIV can happen to you too. I also think the author would probably make a very good fictional writer if she's good at creating tales as she writes so well that you can clearly visualize every moment. Very detailed. Good Job Regan. Love your name by the way. Great Book.

It is a great book dealing with emotions of having HIV, my daughter was diagnosed when she was pregnant with her son. She was 7 months pregnant at the time she was diagnosed so it was too late to do anything other than to have the baby. He was born and given meds at birth and for six weeks after he was born, so he is HIV NEGATIVE!! Thank God for the new medicine that they can give a child at birth to keep them from contracting this horrible problem. The book was and still is an inspiration, I have not finished the book, I am reading the last chapters. The only thing I was hoping to get more out of the book was more of the physical problems that an HIV patient deals with. I keep a watchful eye on my daughter to see if there are going to be any physical problems that we are going to have to deal with. My daughter will be reading the book after I finish it, so I know she will be getting some inspiration regarding relationships with men. She feels like she will not have any hope with getting married, and that she will be alone for the rest of her life, but this book will show her that she can have a life and a future. There needs to be a book written from the parent of an HIV positive child, who has experienced the birth of their first and only Grandchild that was born to an HIV positive Daughter.

I couldn't put this book down! Regan Hofmann shares her journey of learning that she is HIV positive, facing what was initially a death sentence alone, and then living for a decade with only her immediate family members and potential intimate partners knowing of her diagnosis. She conveys with raw honesty the experience of living with a disease that threatens not only her health, but also her daily way of being as she lives in fear of what will happen should others learn of her diagnosis. She brings to the forefront the isolation that an HIV diagnosis often brings because of the unjustified stigma that is attached to it and the lack of care that is available for many individuals who don't have health insurance to cover the high cost of medication. After more than ten years of living in silence, she makes a life changing decision to share her diagnosis in a very public forum, on the cover of POZ magazine. Her revelation is met with a great deal of support and she has since become an ambassador for changing the way we deal with HIV. It's impossible to read this and not feel outraged by how little we are doing to prevent HIV and how our approach to HIV leads to many individuals living in isolation and fear of being ostracized. AIDS is a preventable disease, but because of its stigma, it doesn't get the priority that it deserves; and because of its stigma, individuals who have HIV get dreadfully less care and compassion than they deserve.

This memoir of a young woman learning that she's HIV positive through heterosexual sex is wrenching, powerful, inspiring, and informative. The author writes with searing honesty about being

given a death sentence when she was in her late 20's and how she has coped and wrestled with the disease and all its complex issues. In the years since that diagnosis she has faced the demons and become an eloquent and effective spokesperson for how imperative it is for all of us to become informed about HIV/AIDS and to learn to speak about it honestly and openly. I had to read this book in small sittings in order to absorb the roller coaster ride of her medical and emotional journey and to get a grip on the statistics and hard facts of this global epidemic. Read this book and pay it forward.

Pamela Parsons

This is a truly readable and gripping account of one young person's struggle with a terrible, life-defining disease and the stigma that goes with it. It is an engaging view of a life before and after coming to terms with HIV, and the defining life's work that comes out of it. This is a book that every parent should read and require their children to read, and every adult who thinks AIDS is under control in this country should read and pass along to others. It is beautifully written, is eminently readable and is a keeper for any personal library. Kudos to a brave and admirable young woman.

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