My Column in New Issue of Poz

February 19, 2009 By Shawn Decker

I have a new column in the latest issue of Poz Magazine, you can read it here: "Week On, Week Off". It's about the ups and one big down of my last seven years on my Structured Treatment Interruption.

Hope you enjoy reading it- I am especially proud of all of the Karate Kid references and am honored to be included in an issue that focuses on what we as positoids can do to improve our health.

Positively Yours,
Shawn

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