



# **Aches, Pains, and Love: A Guide to Dating and Relationships for Those With Chronic Pain and Illness**

*Kira Lynne*

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# Aches, Pains, and Love: A Guide to Dating and Relationships for Those With Chronic Pain and Illness

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## **Aches, Pains, and Love: A Guide to Dating and Relationships for Those With Chronic Pain and Illness**

Kira Lynne

Are you living with chronic pain or illness, or both? Have you given up on having an intimate, romantic relationship? Twenty years ago, a doctor told Kira Lynne that she would never be able to have an intimate relationship due to her chronic health conditions. Having proven that doctor wrong, Kira set out to write a book for people living with chronic pain and illness who believe the door has closed on their prospects for love and relationships. Living with chronic pain and illness can feel overwhelming, never mind adding intimacy into the mix. Yet, even though hundreds of thousands of people in North America alone suffer from such conditions, very little has been published on dating and relationships for people with chronic pain and illness. *Aches, Pains, and Love* addresses that need with wisdom, compassion, and humour. This is a book about hope, especially for those who feel that a loving relationship is beyond their reach due to their health conditions. You can have a loving, fulfilling partnership when you live with chronic pain and illness. It is possible to live joyfully in spite of illness and pain, to make new friends, deepen connections, and find lasting love and companionship in an intimate relationship. Both entertaining and practical, *Aches, Pains, and Love* provides a step-by-step guide to getting the love you want, regardless of your physical condition. From creating a strong personal foundation to finding prospective partners, to dating, to sex and beyond, Kira offers a host of real-life stories, frank practical observations, and specific tools that will help you decide what you really desire in a loving relationship and guide you toward achieving that happiness.

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