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### **Aches, Pains, and Love Offers Wisdom about Dating and Relationships to Those Living with Chronic Pain or Illness**

Author, coach, and counsellor Kira Lynne provides down-to-earth, practical advice drawn from 20 years of experience living with a chronic pain condition.

Vancouver, BC -- February 12, 2016 -- When she was only 20 years old, Kira Lynne's doctor diagnosed her with several chronic illnesses and pain conditions, and then delivered the final shocking blow: She would never be able to have a successful marriage or intimate relationship. At what felt like the beginning of her life, she had been given an unthinkable sentence.

Yet Lynne dedicated the next 20 years of her life proving her doctor wrong—researching her conditions and years of psychological study, coaching and counselling numerous clients, and focusing her career on healing. Through it all, she discovered that there is hope for love and intimacy despite chronic pain and illness, and she set out to write a book for people living with such conditions who also may believe the door has closed on their prospects for love and relationships.

That book, *Aches, Pains, and Love: A Guide to Dating and Relationships for Those with Chronic Pain and Illness*, published by Moppet Press, has finally been released and is now available in paperback or ebook.

In it, Kira Lynne chronicles her journey and reveals the many challenges facing those with chronic conditions. Although 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 refreshing frankness, wisdom, compassion, and humour.

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 through awareness and acceptance to finding prospective partners, to navigating the rocky terrain of dating and having sex while ill or in pain, to establishing solid and lasting relationships, Kira offers a host of real-life stories, frank practical observations, and useful, specific tools that will help you decide what you really desire in a loving relationship and guide you toward achieving that happiness. It is packed with the words of experts and chock full of recommended resources where people can learn even more.

“This is a book about hope, especially for those who feel that a loving relationship is beyond their reach due to their health conditions,” Lynne says. “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.”

Aches, Pains, and Love is available for purchase on Amazon exclusively (\$18.95 USD for paperback; \$7.99 USD ebook). Read more about Kira Lynne’s book, her journey, or her coaching and counselling services at [www.kiralyenne.com](http://www.kiralyenne.com).



## **Short Biography**

Kira Lynne was born in Edmonton, Alberta, and has a Bachelor of Arts from the University of British Columbia as well as a Professional Counsellor Diploma from Rhodes Wellness College. Kira worked in law for many years before changing tracks to become a Life Coach, Professional Counsellor, and Registered Holistic Nutritionist. She has lived with chronic pain and illness for over 20 years, and it was her journey to find answers that led to this book. She lives in Vancouver, British Columbia. She is available for interviews or guest appearances.



## **Product Specifications**

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## **Social Media**

FACEBOOK: <https://www.facebook.com/achespainsandlove/>

TWITTER: <http://www.twitter.com/thekiralyne>

INSTAGRAM: <http://www.instagram.com/thekiralyne>





# ACHES, PAINS, AND LOVE



A GUIDE TO DATING AND  
RELATIONSHIPS FOR THOSE WITH  
CHRONIC PAIN AND ILLNESS

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KIRA LYNNE

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