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In his new poetry collection, *Living with Chronic Pain: Family, Love and Resilience*, author **Jimmy Thornvig Knudsen** explores love, family life, and the many compromises that arise when chronic pain becomes part of everyday life.

What happens to a relationship when pain becomes a permanent part of daily life? When plans have to change, energy becomes a limited resource, and even the smallest dreams require planning, flexibility, and understanding?

These are the themes explored in *Living with Chronic Pain: Family, Love and Resilience* (published in Danish under the title *Kroniker Indefra – I Smerter, Familie og Kærlighed*).

Through poetic snapshots of everyday life, readers follow a family over several years, from the search for answers and the adjustment to a new reality, to parenting, partnership, work-life adaptations, and the ongoing effort to care for one another when chronic pain affects every aspect of life.

Written from the perspective of a husband, father, and family caregiver, the collection focuses on both the small and the significant compromises that families make when chronic pain becomes a constant companion. The poems portray cancelled plans, uncertainty, invisible losses, and days when simply getting through everyday life is an achievement in itself. Yet they are equally stories of love, resilience, hope, and the determination to hold on to a meaningful family life despite the challenges.

"These poems are not only about hardship. They are about love, partnership, and continuing to choose each other, even when chronic pain changes the life you had imagined," says Jimmy Thornvig Knudsen.

For the author, the collection also addresses a perspective that is often missing from conversations about chronic illness and chronic pain.

"Even though two people may work together to make everyday life function, they do not share the pain itself. That burden can only be carried by one person. But the consequences of chronic pain are felt across the entire family."

Pain Does Not Stay in the Treatment Room

FAKS - the Danish Association of Chronic Pain Patients and Relatives has supported the publication to highlight that chronic pain extends far beyond diagnoses, treatment plans, and healthcare appointments.

Pain does not end when a medical appointment is over. It affects relationships, family routines, parenting, social participation, employment, and the countless decisions that shape everyday life.

For many families, chronic pain becomes a shared reality requiring constant adaptation.

"At FAKS, we want to create space for the shared story of living with chronic pain, as experienced both by the person living with the pain and by those closest to them. Jimmy's poems provide a valuable and deeply personal insight into a reality that can be difficult to explain to outsiders, but one that many partners, relatives, and family caregivers will recognize.

We hope the book will contribute to a broader conversation about the role, experiences, and needs of family members affected by chronic pain," says **Iben Rohde**, Chairman of FAKS.

About the Book

Title: *Living with Chronic Pain: Family, Love and Resilience*

(Danish title: *Kroniker Indefra – I Smerter, Familie og Kærlighed*)

Author: Jimmy Thornvig Knudsen

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Further Information, Review Copies, Speaking Engagements and Interviews

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About the Project

The publication was supported by funding from the **Danish Ministry of Health** and developed in collaboration with **FAKS – the Danish Association of Chronic Pain Patients and Relatives**.

The project aims to increase awareness of the broader impact of chronic pain on family life, relationships, and informal caregivers, and to ensure that the experiences of relatives become a greater part of the public and healthcare dialogue.