

# Inspirational teenager releases poetry book 'Chronically Coping' to raise awareness for juvenile arthritis

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Eighteen-year-old Kyle Brooks has published his debut collection of poems, *Chronically Coping*, offering a raw and evocative portrayal of his experiences of living with Juvenile Idiopathic Arthritis (JIA). JIA is an autoimmune condition, in which the body's immune system attacks the joints causing pain, reduced mobility and without effective treatment can lead to long-term disability.

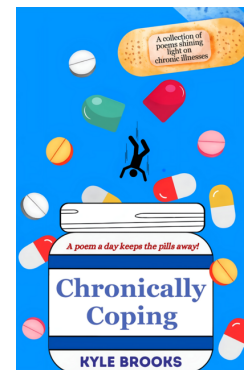
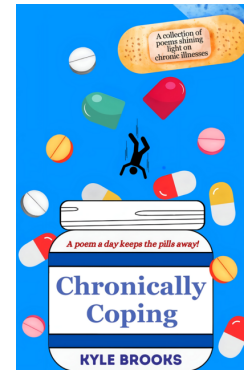
All proceeds from the book will go to Juvenile Arthritis Research, a UK-based charity dedicated to supporting children and families affected by this often-overlooked condition.

Diagnosed with JIA as a teenager, Kyle has used poetry as a means to process the physical and emotional challenges of living with a chronic illness. His work delves into the complexities of daily life with arthritis, shedding light on aspects that are frequently misunderstood or overlooked.

Juvenile Arthritis Research charity, founded by Richard Beesley after his daughter's diagnosis, has been instrumental in raising awareness and providing support for those affected by JIA. Through initiatives like the "Think JIA" campaign, the charity aims to educate healthcare professionals and the public about the reality of childhood arthritis, which is often misdiagnosed or dismissed as "growing pains".

Kyle's book is now available for purchase throughout the UK via the charity's official website. For more information and to support this cause, please visit [www.jarproject.org/kyle](http://www.jarproject.org/kyle)

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