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Health | *Heated Rivalry* author Rachel Reid shares the text message that changed her life

David Hudson
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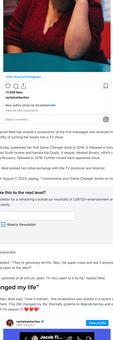

Heated Rivalry author Rachel Reid has shared a screenshot of the first message she received from director Jacob Tierney about the possibility of turning her books into a TV show.

Reid, who lives in Nova Scotia, published her first Game Changer book in 2018. It followed a romance between fictional professional hockey player Scott Hunter and Sasha Kip Grady. A sequel, Heated Rivalry, which centered on hockey rivals Shane Hollander and Ilya Rozanov, followed in 2019. Further novels have appeared since.

In a new Instagram post, Reid posted her initial exchange with the TV producer and director.

Tierney messaged her on August 7, 2021, saying, "I loooooove your Game Changer books so much."

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"Oh wow. Thanks," she responded.

"My pleasure!" Tierney replied. "They're genuinely terrific. May I be super cross and ask if anyone has optioned them to be adapted, or if you'd even be open to that idea?"

"No. First time it's been optioned at all and, yeah, I'm very open to it ha ha," replied Reid.

"This DM changed my life"

In an accompanying caption, Reid said, "How it started... this screenshot was shared in a recent article about the show and I wanted to share it here. This DM changed my life. Eternally grateful to @jacob.tierney and everyone who made this amazing show. Can't wait for season 2 ♥♥♥"

Reid's post received over 120k likes in less than 24 hours.

Tierney made Heated Rivalry for Crave in Canada. Shortly before transmission, HBO Max in the US also acquired the show and agreed to transmit it simultaneously. It premiered in November 24, 2025.

The show has become a phenomenon, turning its cast into overnight stars. Not only has it changed their lives, but Reid's, too.

The 40-year-old author is suffering from Parkinson's. Last month, she told **Variety** that the success of Heated Rivalry had led to her finding better treatment.

"It's making it hard to write because I can barely control a mouse. I can't type for very long," Reid said.

"But an amazing thing that's come out of this though, it sounds nuts or CNN-y for news ago. For whatever reason, the interviewer asked him about my Parkinson's diagnosis. I thought it was kind of odd, but then the next day, one of the top Parkinson's experts in the world reached out to me and asked if he could help me.

"I've never gotten to talk to a Parkinson's expert. I've been on a five-year waiting list here because I live in a very small place," Reid continued. "Now he's found me a Parkinson's expert, a neurologist, and I have an appointment in a couple weeks. That could change things for me because I'm not really getting the treatment that I should be getting. He also said that I should be getting physical therapy. I can't sleep because I never sleep. That change made me sleep through the night, which really helps with writing."

New York libraries report surge in readership

Every place where Reid has seen a significant surge in her readership in recent days is New York.

On Sunday, New York City mayor Zohran Mamdani gave advice to residents during adverse weather conditions because of the snow:

"I can think of no better excuse for New Yorkers to stay home, take a long nap, or take advantage of our public library's offer of free access to Heated Rivalry on e-book or audiobook for anyone with a library card," said Mamdani during a press conference.

According to a spokesperson for the New York Public Library, speaking to the **New York Times**, Mamdani's recommendation led to a 545% surge in downloads, with 88% occurring after his endorsement.

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David Hudson is a contributing editor to Queerty who specializes in film, music, health, travel and queer culture. Connect with him on X and Bluesky and tell him with colorful story ideas.
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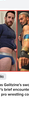
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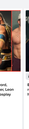
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