



**BOOKS and AUDIO RESOURCES for PAIN MANAGEMENT**

***Understanding and Managing Chronic Pain***

**Manage your Pain** Michael Nicholas, Allan Molloy, Lois Tonkin and Lee Beeston (2003) Souvenir Press

**Explain Pain** David Butler and Lorimer Moseley (2003) Noigroup Publications  
[www.noigroup.com](http://www.noigroup.com)

**The Pain Survival Guide: How to Reclaim Your Life** Dennis Turk and Frits Winter (2005) American Psychological Association

**Managing Pain Before It Manages You** Margaret Caudill (2002) New York: Guilford Press

**Natural Pain Relief: A Practical Handbook for Self-Help** Jan Sadler (1997) Element Books Tel: 01747-851339

**Overcoming Chronic Pain** Frances Cole, Helen Macdonald, Catherine Carus & Hazel Howden-Leach (2005) London, Robinson

**Cognitive Therapy for Chronic Pain: a Step by Step Guide** Beverley Thorn (2004) Guilford Press

**Living With Chronic Pain** (2011) Neil Berry *from chronicpain.org.uk – downloadable free*

**Coping Successfully with Pain** Neville Shone (2002) London, Sheldon Press

**Back Sense** Ronald Siegel et al (2001) Vermilion (Ebury) Press

**Pain: the Science and Culture of Why We Hurt** Marni Jackson, (2003) London, Bloomsbury

***Coping with Chronic Pain using Mindfulness and Acceptance***

**Living Beyond Your Pain** Joanne Dahl and Tobias Lundgren (2006) New Harbinger Press

**Living Well with Pain & Illness** Vidymala Burch (2008) Piatkus Books

**The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management** Jackie Gardner-Nix and Jon Kabat-Zinn (2009) New Harbinger

**Mindfulness Meditation for Pain Relief (Audiobook)** John Kabat-Zinn  
(2008) Sounds True Inc. US

***Diet***

**The Chronic Pain Diet Book** Neville Shone (2008) Sheldon Press

***Guidance on Exercise***

**Treat Your Own Back** Robin Mackenzie Spinal Publications Limited

**The Mind Body Workout** Gordon Thompson (1998) Pan

***Relaxation for Chronic Pain***

**Relaxation for Concentration, Stress Management and Pain Control**  
Horrigan, C & Fleming, A (1997) Butterworth and Heinemann

**Perfect Relaxation** (2011) Jan Sadler *from*

<http://www.painsupport.co.uk/products/cdsdownloads.asp>

**Guided Meditation CDs and MP3 audio downloads:**

[breathworks-mindfulness.org.uk/](http://breathworks-mindfulness.org.uk/) Breathworks, 16 - 20 Turner Street,  
Manchester M4 1DZ 0161 834 1110

**Review of Audio Relaxation for Pain Management:**

<http://www.relaxationreviews.org/pain.htm>

**The Relaxation Kit**, Pain Relief Foundataion, from Talking Life 0151 632  
0662

***Hypnosis Approaches***

**Hypnotise Yourself out of Pain Now!** (2002) Bruce N Eimer, New Harbinger  
Publications

***Family Issues***

**Chronic Pain and the Family: A New Guide** Julie Silver, (2004) Harvard  
University Press A Manual for Families of Persons with Pain Penny Cowan,  
(1998) American Chronic Pain Association

***The Alexander Technique***

**The Alexander Technique Workbook** Richard Brennan (1992) Element

***Acupressure Massage***

**Acupressure Techniques** (a self-help guide) Julian Kenyon, (1988) Healing  
Arts Press, Rochester, Vermont obtained from Scarboroughs Ltd,  
Acupuncture Supplies, 01460 72072 [www.scarboroughs.co.uk](http://www.scarboroughs.co.uk)