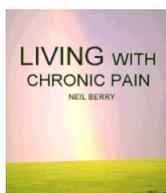


Recommended Resources - Chronic Pain

Available From...



Living with Chronic Pain - CD

by Neil Berry.

Listening version of pain management methods, well explained and easy to follow

Sam Berry,

PO Box 84,

Blackburn,

BB2 7GH.

www.chronicpain.org.uk

Price £4.50



The Pain Toolkit

...is for people who live with persistent pain

The Pain Toolkit

www.paintoolkit.org/

Useful booklet with lots of practical and easy to follow advice. Written in a friendly and accessible manner by someone who has personal experience of chronic pain and can relate to the difficulties

Available from Pain

Management Department and

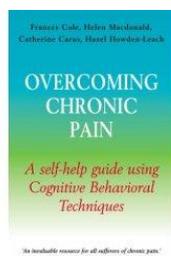
on the Department of Health

Choices website www.nhs.uk/

or

via www.paintoolkit.org/

Free



Overcoming chronic pain: A self help guide to using cognitive behavioural techniques

by Frances Cole, Helen Macdonald, Catherine Carus, Hazel Howden-Leach.

Practical ways to improve sleep, relaxation, relationships, fitness and pacing of activities.

ISBN: 1-84119-970-2

RRP £9.99

Available from

www.paintoolkit.org/



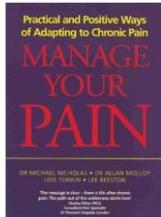
Explain Pain

by David Butler & Lorimer Moseley

Technical book written in everyday language. Read from front to back to get the most out of it. Quirky illustrations.

ISBN: 9-780975-091005

RRP £34.50



Manage Your Pain

by Michael Nicholas, Alan Molloy, Lois Tonkin and Lee Beeston. [Easy to dip in and out of. All-round coverage of Pain Management methods, including an ordered approach to a pain management programme.](#)

ISBN: 028-5636-790

RRP: £14.99



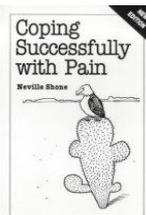
Pain: The science of suffering

by Patrick Wall.

[Technical and a little gruesome a times, but fundamental to the current understanding of pain](#)

ISBN: 0-75380-997-4

RRP £14.99



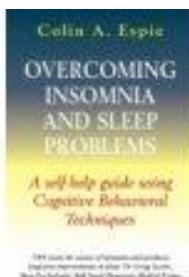
Coping Successfully with Pain

by Neville Shone

[Personal description of his chronic pain experiences including using the methods from a pain management programme to improve his life. A fairly easy read.](#)

ISBN: 0-85969-750-9

RRP £7.99



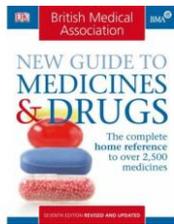
Overcoming Insomnia and Sleep Problems

by Colin Espie

[Explains sleep, insomnia and what you can do to sleep better. First part is a bit heavy going.](#)

ISBN: 18452-907-04

RRP £9.99

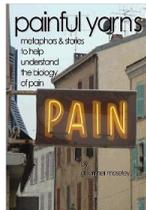


The British Medical Associations New guide to medicines And Drugs.

Editor: John Henry, 7th Edition.
Practical advice about common medications. Useful information on how drugs work. Includes sections on medication and travel, drug poisoning and first aid.

ISBN: 14-05317-779

RRP £16.99



Painful Yarns

by Lorimer Moseley

Explains what message pain is sending you about your body. Practical stories explaining pain mechanisms in simple terms.

ISBN: 97-80980-3588-03

RRP £9.99

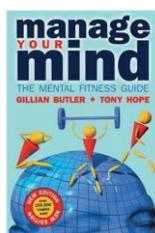


Airing Pain radio show on Able Radio

The show looks at topics like expert self-management of pain, treatment options, staying in work, and state benefits. Aired every fortnight from September and listeners can hear it broadcast on the internet or as a podcast.

www.ableradio.com

www.painconcern.com



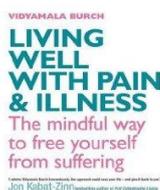
Manage Your Mind

by Gillian Butler and Tony Hope

Self-help for low mood and anxiety. Several tools to try. Practical approaches to help solve common difficulties

ISBN: 019-85277-21

RP £14.99



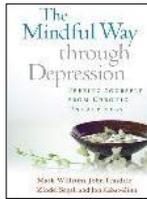
Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering

by Vidyamala Burch

An inspiring and practical book. Good for anyone wishing to begin meditating and practicing mindfulness. Contains practical exercises

ISBN: 978-0749928605

RRP £9.99



The Mindful way through Depression by Mark Williams, John Teasdale, Jon Kabat Zinn and Zindel Segal

ISBN: 159-38512-86

RRP £12.99

Free of jargon. Offers everyday coping mindfulness practices that are easy to introduce into daily life

Recommended Websites

www.healthtalkonline.org.uk/

www.fibromyalgia-associationuk.org

www.action-on-pain.co.uk

www.arthritiscare.org.uk

www.painsupport.co.uk

www.painconcern.org.uk

www.pain toolkit.org/

www.nhschoices.nhs.uk

www.britishpainsociety.org

www.backpain.org

www.migrainetrust.org

www.overcoming.co.uk/