

# Healthy Living Resources – Pain Management

In compiling the resources in this booklet, we have made an effort to identify readily available, low-cost, and quality resources. Although we cannot guarantee the quality of all of the following resources, especially ones that change frequently, this list can encourage you to consider various options of what could be helpful to you, and to start exploring sources of information, sources of support and ideas for coping.

a. **Books**

- [Living a Healthy Life with Chronic Conditions](#) by Katie Lorig DrPH, Halstad Homan MD, David Sobel MD MPH, Diana Laurent MPH, Virginia Gonzalez MPH, Marion Minor PT PhD (July 16, 2012)
- [Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness \(Revised Edition\)](#) by Jon Kabat-Zinn (Sep 24, 2013)
- [Managing Pain Before It Manages You, Third Edition](#) by Margaret A. Caudill MD PhD MPH and MD Herbert Benson (Oct 2, 2008)
- [Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain](#) by JoAnne Dahl PhD, Tobias Lundgren MS and Steven C. Hayes PhD (May 3, 2006)
- [Fibromyalgia and Chronic Myofascial Pain: A Survival Manual \(2nd Edition\)](#) by Devin J. Starlanyl and Mary Ellen Copeland (Jun 30, 2001)

b. **Online Videos**

- Elliot Krane: The Mystery of Chronic Pain [http://www.ted.com/talks/elliot\\_krane\\_the\\_mystery\\_of\\_chronic\\_pain.html](http://www.ted.com/talks/elliot_krane_the_mystery_of_chronic_pain.html)
- What is Chronic Pain? <http://theacpa.org/What-Is-Chronic-Pain>
- Living with Chronic Pain <http://www.webmd.com/pain-management/chronic-pain-11/video-stress>

c. **Websites**

- Stress and Chronic Pain on About.com <http://pain.about.com/od/livingwithchronicpain/a/relaxation.htm>
- American Chronic Pain Association <http://www.theacpa.org/default.aspx>
- Ten Steps from Patient to Person [http://www.theacpa.org/uploads/Bifold-Ten\\_Steps\\_Brochure.pdf](http://www.theacpa.org/uploads/Bifold-Ten_Steps_Brochure.pdf)
- WebMD Pain Management Center <http://www.webmd.com/pain-management/default.htm>
- The American Academy of Pain Management <http://www.aapainmanage.org/>

d. **DVDs**

- Chronic Pain Patient DVD can be found on [http://chronicpainrecovery.com/pain\\_reduction\\_set.asp](http://chronicpainrecovery.com/pain_reduction_set.asp)
- Managing Chronic Pain: A Guide for Patients featuring Donna Mills through the American College of Physicians
- The War on Pain by Dr. Lamb [http://www.drlamb.com/the\\_war\\_on\\_pain.htm](http://www.drlamb.com/the_war_on_pain.htm)
- Exercise DVDs through the Fibromyalgia Information Foundation [http://www.myalgia.com/VIDEOS/Video\\_Introduction.htm](http://www.myalgia.com/VIDEOS/Video_Introduction.htm)

e. **CDs**

- [Health Journeys: A meditation to ease pain](#) - Belleruth Naparstek, 1992
- [Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life](#) by Jon Kabat-Zinn (Dec 28, 2009)
- Living with Chronic Pain <http://www.paincd.org.uk/download>
- Free Yourself from Chronic Pain by David Ison <http://www.cduniverse.com/productinfo.asp?pid=7980152>
- APPS for smartphones (free apps listed below; others available for fee)
  - a. My Pain Diary (by Damon Lynn) [Android and iPhone]
  - b. WebMD Pain Coach (by WebMD) [Android and iPhone]
  - c. Manage My Pain Lite (by Life Control Software) [Android]
  - d. Chronic Pain Tracker (by Chronic Stimulation) [iPhone]