

## **Consumer Pain Books**

- Burch, V. (2008). Living well with pain and illness: the mindful way to free yourself from suffering. London: Piatkus Books.
- Burch, V. (2013) Mindfulness for health: A practical Guide to relieving pain, reducing stress and restoring well being. London: Piatkus Books
- Butler, D., & Moseley, L. (2003). Explain pain. Adelaide, South Australia: Noigroup Publications.
- Davies, s. Cooke, N, Sutton, j (2015) Rewire your Brain. WA Specilaist Pain Services
- Culbert.T& KajanderR. (2007) Be the boss of your pain: self-care for kids. Free Spirit Publishing
- Fallon, Chris, (2014), Living well with chronic pain, **Publish-me. Available at** www.chronicpainbook.com.au
- Goossens, R. (2009). Pain Management: learning to live with pain; Rockpool Publishing
- Hadjistavropoulos T, Hadjistavropoulos H.D, (2018) Pain Management for older adults. A self Help Guide, 2<sup>nd</sup> Edition, IASP, Wolters Kluwer, Philadelphia
- Miles,B. (2006). Imagine a rainbow: a child's guide for soothing pain. Washington, DC: Magination Press,
- Morgan, C.(2011) GrrrOUCH! Pain is like a grouchy bear. General Store Publishing House, 2011.
- Moseley, G. L. (2007). Painful yarns- metaphors and stories to help understand the biology of pain. Australia: Giraffe press.
- Moseley, GL and Butler, D, The Explain Pain Handbook: Protectometer, Noigroup Publications, Adelaide 2014
- Nicholas M, Molloy A, Tonkin L, Beeston. L. (2011). Manage your pain. Practical and positive ways of adapting to chronic pain. Sydney: ABC Books.
- Pohl, M, et al.(2010) Pain Recovery for Families: How to find balance when someone else's pain becomes your pain too; Central Recovery Press.
- Sarno, J. E. (2006). The divided mind. The epidemic of mindbody disorders. New York: HarperCollins Publishers.
- Siddall, P., McCabe, R., Murray, R. (2013). The Pain Book: Finding Hope When it Hurts. Sydney: Hammond Press.
- Siddall, P., McCabe, R., Murray, R. (2014). The Spinal Cord Injury Pain Book. Sydney: Hammond Press.
- Stuart S. Kassan, Charles J. Vierck Jr., and Elizabeth Vierck, (2008) Chronic pain for dummies, Hoboken, NJ: Wiley Pub.