

PSYCHOLOGY AND CHRONIC PAIN - Recommended Readings for Patients

1. "Explain Pain" by David S. Butler & G. Lorimer Moseley (2003)
2. "Managing Pain Before It Manages You" by Margaret A. Caudill (2002)
3. "Pain" by Patrick Wall (1999)
4. "The Challenge of Pain" by Ronald Melzack & Patrick Wall (1996)
5. "Pain – Learning to Live Without It" by David Corey (1993)
6. " 10 Simple Solutions to Chronic Pain" by Blake Tearnon (2007)
7. "Living Beyond Your Pain" by Joanne Dahl & Tobias Lundgreen (2006)
8. "Changing for Good" by James Prochaska, John Norcross & Carlo DiClemente (1994)
9. " Full Catastrophe Living" by Jon Kabat-Zinn (1990)
10. " Feeling Good: the New Mood Therapy" by David Burns (1999)

More information about the role of psychology in the treatment of chronic pain can be found on the Canadian Psychological Association's website:

<http://www.cpa.ca/publications/yourhealthpsychologyworksheets/chronicpain/>