

### Books

Book Name	Author	Why read it?
<b>Explain pain</b>	<i>Butler, D., &amp; Moseley, L.</i>	This book goes through the science behind your pain, why your body does what it does and how you can manage your pain better. This is co-written by the Australian Tedtalk presenter of “Why things hurt”.
<b>Pain Management: learning to live with pain</b>	<i>Goossens, R.</i>	This is written by a woman who has lived with chronic pain for over 4 decades. It moves through the battles and her inspiring success of living a meaningful life with chronic pain.
<b>Painful yarns- metaphors and stories to help understand the biology of pain.</b>	<i>Moseley, G. L.</i>	Once again written by the Australian Tedtalk presenter of “Why things hurt”. This is an entertaining and educational book helping explain the complexities of pain through amusing stories.
<b>Living well with pain and illness: the mindful way to free yourself from suffering.</b>	<i>Burch, V.</i>	This book is written by a woman who suffered 2 spinal injuries and the journey she went on through the loneliness and disability of chronic pain to acceptance, peace and compassion towards herself.
<b>Pain Recovery for Families: How to find balance when someone else’s pain becomes your pain too</b>	<i>Pohl, M, et al.</i>	An interactive guide to helping families that are dealing with chronic pain and addiction. It offers strategies to help restore physical, mental, emotional and spiritual balance.
<b>Manage your pain. Practical and positive ways of adapting to chronic pain.</b>	<i>Nicholas M, Molloy A, Tonkin L, B. L.</i>	This book is a fantastic resource for understanding what pain is and how it affects you, your family, you sleep, your mood, your activity, your interactions and workplace. It is written by a team of Australian health professionals.
<b>Mindfulness for health: A practical Guide to relieving pain, reducing stress and restoring wellbeing.</b>	<i>Burch, V.</i>	This book is written by a woman who suffered 2 spinal injuries and looks at the importance of mindfulness and meditation for reducing pain, stress and restoring wellbeing.
<b>The Pain Book: Finding Hope When It Hurts.</b>	<i>Siddall, P., McCabe, R., Murray, R.</i>	This book written by a team of Australian health professionals is a step by step guide to multidisciplinary pain management. It gives an understanding of who is involved and why in your journey.

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<b>Change you thinking. Positive and practical ways to overcome stress, negative emotions and self-defeating behaviours using CBT.</b>	<i>Edelman, S.</i>	This is written by an Australian psychologist and looks at practical and reassuring guides to overcoming feelings of anger, depression, frustration and anxiety.
<b>The Mindful Kind.</b>	<i>Kable, R.</i>	Written by an Australian psychologist and podcaster for the Mindful Kind, this book is a simple and inspiring book about incorporating mindfulness into every aspect of your life.
<b>Pain Heroes</b>	<i>Sim, A</i>	<i>“With the help of some very brave ‘Pain Heroes’, I wrote this book to show people in pain that there is hope! As a clinician, when I sit with a patient who is suffering with chronic pain, I am trying to show them there is a way forward – a way to move on from pain” – Alison Sim</i>
<b>Cognitive Therapy for Chronic Pain, Second Edition. A Step-by-Step Guide</b>	<i>Thorne, B.E</i>	CBT-based tools and techniques for managing chronic pain. With 58 hand-outs and tools to put the discussed techniques into practice.