

Recommended Books

The Brain that Changes Itself and **The Brain's Way of Healing** - Norman Doidge

The Body Keeps the Score - Bessel van der Kolk

Explain Pain - David Butler & Lorimer Moseley

Protectometer - by Dr. Lorimer Moseley and David Butler

The Mindfulness Solution to Pain - Dr. Jackie Gardner-Nix

You are Not Your Pain - Vidyamala Burch

Living beyond your pain: using acceptance and commitment therapy to ease chronic pain -
Dahl and Lundgren

Pain is Really Strange - by Steve Haines and Sophie Standing.

Understand Pain, Live Well Again: Pain Education for People in Pain and Busy Clinicians – Neil
Pearson