Helpful Books

Title	Author	Description
8 Steps to Conquer Chronic Pain: A Doctor's Guide to Lifelong Relief	Andrea Furlan	*8 Steps to Conquer Chronic Pain* answers important questions about pain care, presenting attainable, accessible and evidence-based solutions. Written by a pain specialist with extensive experience and knowledge of the latest advances in treatment, this book will help you to understand the different types of pain, how they're diagnosed and, most important, what you can do to relieve your chronic pain.
Explain Pain	Dr. David Butler, G. Lorimer Moseley	*Explain Pain* gives new and immediate hope to pain sufferers and their family and friends. *Explain Pain* uses easy-to-follow language to discuss how pain experiences are constructed in response to dangers and threats in our bodies and influenced by our thoughts, beliefs and context. Considered the 'go-to pain bible' for clinicians and pain sufferers, *Explain Pain* answers key pain questions in an approachable way for educators and patients.
Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain	JoAnne Dahl	Based on acceptance and commitment therapy (ACT), one of the most promising and fastest growing psychotherapies in use today, this book breaks with conventional notions of pain management, the traditional "feel good" approaches—including the use of pain-killing medication—that work to prevent painful sensations.
The Way Out	Alan Gordan	Alan Gordon, a psychotherapist and the founder of the Pain Psychology Center in Los Angeles, was in grad school when he started experiencing chronic pain and it completely derailed his life. Frustrated with conventional pain management, he developed Pain Reprocessing Therapy (PRT), a mind-body protocol that eliminated his own chronic pain and has transformed the lives of thousands of his patients. PRT is rooted in neuroscience, which has shown that while chronic pain feels like it's coming from the body, in most cases it's generated by misfiring pain circuits in the brain. PRT is a system of psychological techniques that rewires the brain to break out of the cycle of chronic pain.
The Body Keeps the score	Bessel van der Kolk M.D	In *The Body Keeps the Score*, the author uses recent scientific advances to show how trauma reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.

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