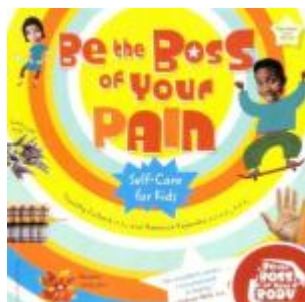


Pain Management

www.aci.health.nsw.gov.au/chronic-pain



An informative website hosted by the New South Wales government; it includes information and downloads on pain management techniques and gives access to health professionals and resources for pain management

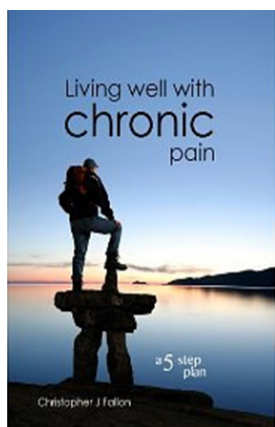


[Be the boss of your pain: self-care for kids.](#)

by Tomothy Culbert, M.D., and Rebecca Kajander

616.047 CUL 2007

A book for children about pain control, written in easy to understand language and illustrated with bright cartoon style drawings. Pain control measures include breathing techniques, aromatherapy, and acupressure. There are also notes on diet, sleeping, and A note to Grownups at the back of the book.



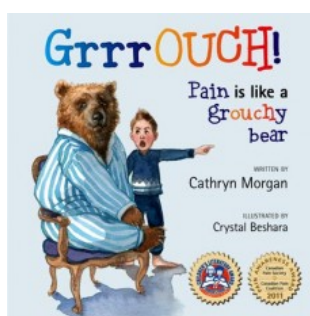
[Living well with chronic pain: a 5-step plan](#)

by Christopher Fallon

616.0472 FAL 2014

“*Living well with chronic pain* is NOT a cure for chronic pain. If accepted and practiced, the 5-step plan it provides is a real alternative to *suffering* from chronic pain. It is the first book about chronic pain, by a person who has had chronic pain. Chris Fallon has experienced chronic pain for over 38 years and wasted over 25 of those years suffering from it. Now he lives with his chronic pain and enjoys life, as do his family and friends.”

A slender little paperback whose text is illustrated with cartoons.

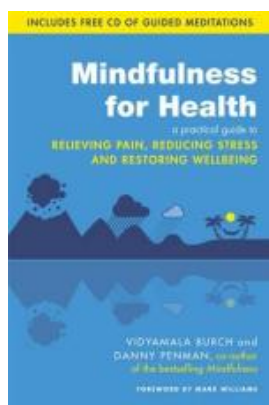


[Grrr Ouch! Pain is like a grouchy bear](#)

by Cathryn Morgan

616.047 MOR 2011

A lovely rhyming book that explains pain in simple terms suitable for children from six to ten years, and younger. There are vibrant illustrations, and also techniques to help children cope with physical or emotional pain. It's a book 'helpful, for any child, in learning to understand the pain or illness of a grandparent or other family members.



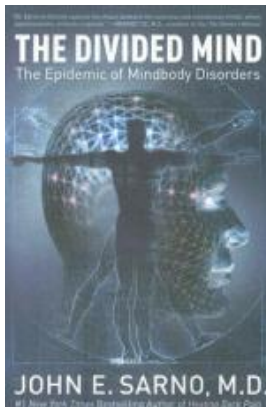
[Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing](#)

by Vidyamala Burch and Danny Penman

615.8528 BUR 2013

“Pain, suffering and stress can be intolerable – but it doesn't have to be this way. *Mindfulness for Health* reveals a set of simple practices that you can incorporate into daily life to relieve chronic pain and the suffering and stress of illness.”

The book contains easy reading text, diagrams, quick information boxes, and a CD of guided meditations.



[The divided mind: the epidemic of mindbody disorders](#)

by John ESarno

616.08 SAR 2007

This book has been described as one ‘that will change the way we think about health and illness. The book ‘traces the history of [psychosomatic medicine ... and describes the psychology responsible for the broad range of psychosomatic illness.’ The book includes ten easy to read and understand chapters written by different medical practitioners, illustrated with case studies and idea for help.



[Explain pain](#)

by David S. Butler and G Lorimer Moseley

616.0472 BUT 2013

“*Explain pain*” discusses how pain responses are produced by the brain ... aims to give clinicians and people in pain the power to challenge pain and to consider new models for viewing what happens during pain.”

Easy to read language, with plenty of quirky drawings to illustrate the points made.



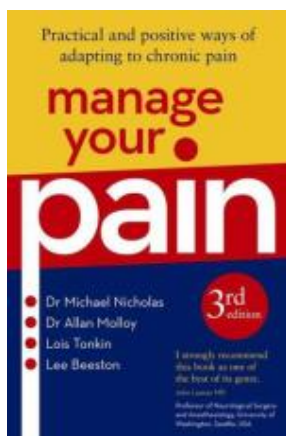
[Living well with pain and illness: the mindful way to free yourself from suffering](#)

by Vidyamaia Burch

616.0472 BUR 2008

This book is described as “an inspiring, practical guide to living with and managing chronic pain and illness using ‘mindfulness’, and taking one moment at a time.”

Easy reading print, simple figures and diagrams, and text boxes break up the print.

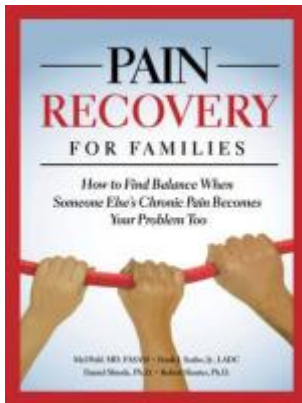


[Manage your pain: practical and positive ways of adapting to chronic pain](#)

by Michael Nicholas [and others]

616.0476 NIC 2011

‘In *Manage your pain* the authors have drawn on the latest scientific research and their extensive clinical experience to show you how to live with pain. *Manage your pain* will help you and your family to gain a better understanding of your pain and minimise the impact it has on your life. *Manage your pain* is a self-help book, but it can be used as part of a program worked out with your doctor, clinical psychologist and/or therapist.’



[Pain recovery for families: how to find balance when someone else's chronic pain becomes your problem too](#)

by Mel Pohl, Frank J. Szabo, Daniel Shiode and Robert Hunter
616.047 POH 2010

The three parts of the book: Explore, Discover and Recover, are split into smaller chapters that include exercises and self-assessments. The book aims to offer solutions for ‘family members to maintain a healthy life balance while providing support to someone with chronic pain.’

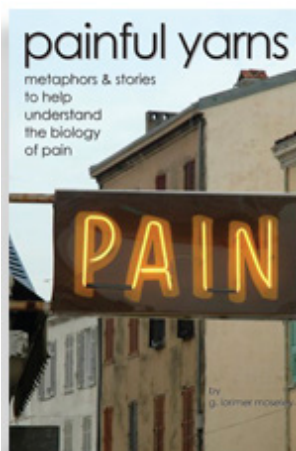


[The pain book: finding hope when it hurts](#)

by Philip Siddall, Rebecca McCabe and Robin Murray
616.047 SID 2013

This “provides an up-to-date overview of how pain works and the best pain treatments now available. Based on the latest research, *The pain book*” features information, skills and technique that form a proven and effective step-by-step approach to treating pain.”

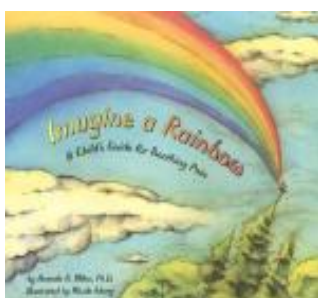
Part One deals with Facing Pain, and Part Two with Finding Hope; diagrams text boxes and personal experiences included.



[Painful yarns: metaphors & stories to help understand the biology of pain](#)

by G. Lorimer Moseley
616.047 MOS 2007

‘This collection of stories ... provides an entertaining and informative way to understand modern pain biology ... *Painful yarns* is a unique book. ... At the end of each story, there is a section “so what does this have to do with pain?” in which Lorimer uses the story as a metaphor for some aspect of pain biology.’ It’s a book for suffers of pain, health professionals, and readers who enjoy a good short story.



[Imagine a rainbow: a child's guide for soothing pain](#)

by Brenda S. Miles
616.047 MIL 2006

A beautifully illustrated picture book with rhyming text, ‘intended to introduce children to the idea of using their imaginations to cope with pain ... The book also includes an extensive Note to Parents that explains the techniques of imagery and deep breathing, and how to help children use them.’