



Looking for a great read?

Our behavioral health department recommends the following books to help you cope with Chronic Pain. From stress relief through mindfulness to time management, these books offer a number of strategies to help you learn to live with pain but not compromise on living your life.

- **Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness**, Jon Kabat-Zinn and Thich Nhat Hanh
- **The Mindfulness Solution to Pain**, Jackie Gardner-Nix and Jon Kabat-Zinn
- **You Are Not Your Pain**, Vidyamala Burch
- **Living Beyond Your Pain**, JoAnne Dahl, PhD and Tobias Lundgren, MS
- **The Pain Survival Guide** Dennis C. Turk, PhD and Frits Winter