

Books and Online or App resources re: Pain  
(Taken partly from list provided by Julie Porter, BSN, RN, CMT)

**Anything by Lorimer Mosely and David Butler**

<http://www.noigroup.com/>

<http://www.bodyinmind.org>

[www.paintoolkit.org](http://www.paintoolkit.org)

Pete Moore

<https://www.mindful.org/how-the-brain-can-change-your-experience-of-pain/> Article

**Smiling Mind** – online mindfulness

**Headspace** – online paid app, mindfulness

**Brain Science with Dr. Ginger Campbell, MD** – Podcast

**Pain Science and Sensibility** – Sandy Hilton and Cory Blinkstaff -- Podcast

**Healthy, Wealthy, and Smart** – Dr. Karen Litzy, PT -- Podcast

**Yoga and Science in Pain Care**, by Neil Pearson, Shelley Prosko, and Marilysa Sullivan

**A Guide to Better Movement**, by Todd Hargrove (also, <http://www.bettermovement.org/>)

**Recovery Guide**, by Greg Lehman

**Why Zebras Don't Get Ulcers**, by Dr. Robert Sapolsky

**Mindfulness Meditation for Pain Relief**, by Jon Kabat-Zinn, PhD

**The Ghost in My Brain**, by Dr. Clark Elliot

**The Brain's Way of Healing**, by Norman Doidge

**The Brain that Changes Itself**, by Norman Doidge

**Stumbling on Happiness**, by Daniel Gilbert

**How Do You Feel?** by A. D. (Bud) Craig

**Why does my pelvis hurt?** by Adriaan Louw

**Why do I hurt?** by Adriaan Louw

**Pain Heroes: Stories of Hope and Recovery**, by Alison Sim

And... Consider attending the **San Diego Pain Summit**, Feb 16 - 21, 2021☺