

Complex Pain Recovery®
Resources

Complex Pain Recovery®

www.connectionsbehavioralhealth.com/services-1

Chronic Pain Anonymous

www.chronicpainanonymous.org/meeting-resources/literature-2/

Dr. Howard Schubiner, MD

www.unlearnyourpain.com

American Chronic Pain Association

www.theacpa.org

The Pain Toolkit

<http://www.paintoolkit.org>

Healing Back Pain the Mind Body Connection

By: John E. Sarno, MD

Living Beyond Your Pain (workbook)

Joanne Dahl, PhD, Tobias Lundgren, MS

Managing Pain Before It Manages You (workbook)

By: Margaret A. Caullin. MD. PhD

A Day Without Pain

The Pain Antidote

Pain Recovery(workbook)

Pain Recovery for Families(workbook)

By: Mel Pohl, MD

Conquer Chronic Pain

By: Peter Prezekop, MD

Meditations for Pain Recovery

By: Tony Greco

Above and Beyond (Daily Reader)

By: J.S. Dorian

Full Catastrophe Living

By: Jon Kabat-Zinn