

## Recommended Websites for Understanding Pain

**Tame the Beast** - Lorimer Moseley and David Moen  
<https://www.tamethebeast.org/>

**Why Things Hurt** - Lorimer Moseley  
<https://www.youtube.com/watch?v=1ylbrkstYtU>

**Treating Pain Using the Brain** - David Butler  
<https://www.youtube.com/watch?v=4ABAS3tkkuE>

**The Mystery of Chronic Pain** - Elliot Krane  
<https://www.youtube.com/watch?v=J6--CMhcCfQ>

**Understanding Pain in less than 5 minutes, and what to do about it** - Live Active  
[https://www.youtube.com/watch?v=C\\_3phB93rvI](https://www.youtube.com/watch?v=C_3phB93rvI)

**Tired of waiting for pain to go away? Learn a science based approach to overcome chronic pain** - Retrain Pain Foundation  
<https://www.retrainpain.org>

**Life is Now Pain Care** - Neil Pearson  
<https://www.lifeisnow.ca>

**A series of short videos (2 mins each) explaining pain science.**  
[www.retrainpain.org](http://www.retrainpain.org)

**Pain Explained by Central London Community Healthcare Trust.**  
[https://www.youtube.com/watch?v=B14\\_2TS7RHM](https://www.youtube.com/watch?v=B14_2TS7RHM) Animated. 6 minutes

**The Drug Cabinet in the brain. How to stimulate the release of your own natural painkillers.**  
<https://www.youtube.com/watch?v=Gd2NaGZa7M4>