**Recommended Books**

**The Brain that Changes Itself** and **The Brain’s Way of Healing** - Norman Doidge

**The Body Keeps the Score** - Bessel van der Kolk

**Explain Pain** - David Butler & Lorimer Moseley

**Protectometer** - by Dr. Lorimer Moseley and David Butler

**The Mindfulness Solution to Pain** - Dr. Jackie Gardner-Nix

**You are Not Your Pain** - Vidyamala Burch

**Living beyond your pain: using acceptance and commitment therapy to ease chronic pain** - Dahl and Lundgren

**Pain is Really Strange** - by Steve Haines and Sophie Standing.

**Understand Pain, Live Well Again: Pain Education for People in Pain and Busy Clinicians** – Neil Pearson