

## Chronic Pelvic Pain Reading List

### **Chronic Pain**

- Begley, S. (2007). *Train your mind, change your brain: How a new science reveals our extraordinary potential to transform ourselves.*
- Butler, D. & Moseley, L. (2003). *Explain pain.*
- Doidge, N. (2007). *The brain that changes itself: Stories of triumph from the frontiers of brain science.*
- Kabat-Zinn, J. (2010). *Mindfulness meditation for pain relief: Guided practices for reclaiming your body and your life.* [CD].
- Kabat-Zinn, J. (2009). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness.* Pearson, N. (2007). *Understand pain, live well again.* [E-book]  
From: [www.lifeisnow.ca](http://www.lifeisnow.ca)
- Pearson, N. (2007). *Overcome pain, live well again.* [DVD] From: [www.lifeisnow.ca](http://www.lifeisnow.ca)

### **Pain Self-Management Workbooks**

- Bourne, E. (2010). *The anxiety & phobia workbook.*
- Caudill, M. (2009). *Managing pain before it manages you.*
- Dahl, J., & Lundgren, T. (2006). *Living beyond your pain: Using acceptance & commitment therapy to ease chronic pain.*
- Davis, M., Eshelman, E., & McKay, M. (2008). *The relaxation & stress reduction workbook.*
- Gardner-Nix, J. (2009) *The mindfulness solution to pain: Step-by-step techniques for chronic pain management.*
- Moore, P., & Cole, F. (2011). *The Pain Toolkit.* [E-book] From: <http://www.pain toolkit.org>
- Otis, J.D. (2007). *Managing chronic pain: A cognitive-behavioral approach.*
- Squire, P., Williamson, O., Lau, B., Gromala, D., & Pearson, N. (2011). *Treatment options for pain: Beyond medications, surgery, and injections.* [E-book] From:  
[http://vb.2010.cmha.bc.ca/files/vb/The\\_Pain\\_Toolbox\\_Sept%202011-edit.pdf](http://vb.2010.cmha.bc.ca/files/vb/The_Pain_Toolbox_Sept%202011-edit.pdf)
- Turk, D., & Winter, F. (2006) *Pain survival guide: How to reclaim your life.*

## ***Pelvic Pain***

Ballweg, M. (1995). *The endometriosis sourcebook: The definitive guide to current treatment options, the latest research, common myths about the disease, and coping strategies.*

Cook, A. (2012). *Stop endometriosis and pelvic pain: What every woman and her doctor need to know.*

Evans, S., & Bush, D. (2011). *Pelvic pain: An e-booklet for women, girls, and families.* **[E-book]**  
From:

<http://www.drsusanevans.com.au/wp-content/uploads/pelvic-pain-ebooklet1.pdf>

Redwine, D. (2008). *100 questions and answers about endometriosis.*

Röst, C. (2006). *Relieving pelvic pain during and after pregnancy: How women can heal chronic pelvic instability.*

Stein, A. (2009). *Heal pelvic pain: A proven stretching, strengthening, and nutrition program for relieving pain, incontinence, IBS, and other symptoms without surgery.*

Wise, D., & Anderson, R. (2011). *A headache in the pelvis: A new treatment for chronic pelvic pain syndromes.*

## ***Sexuality and Vaginal/ Sexual Pain***

Bilheimer, S., & Echenberg, R. (2009). *Secret suffering: How women's sexual and pelvic pain affect their relationships.*

Vanderhaeghe, L., & Pettie, A. (2007). *Sexy hormones: Unlocking the secrets to vitality.*

## ***Nutrition and Pain***

Levett, C. (2008). *Endo diet e-book: The recipe book customized for women with endometriosis.*

Levett, C. (2007). *Recipes for the endometriosis diet.* **[E-book]** From [www.endo-resolved.com](http://www.endo-resolved.com)

Mills, D., & Vernon, M. (2002). *Endometriosis: A key to healing through nutrition.*