Chronic Pelvic Pain Reading List

Pelvic Pain


Chronic Pain

Kabat-Zinn, J. (2010). Mindfulness meditation for pain relief: Guided practices for reclaiming your body and your life. [CD]

Chronic Pain Self-Management Workbooks

Neuroplasticity & Pain


Nutrition & Pain


Vaginal/Vulvar/Sexual Pain


Stress, Anxiety, Depression & Pain