

## Chronic Pelvic Pain Reading List

### Pelvic Pain

- 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>]
- 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.

### Chronic Pain

- Burch, V. & Penman, D. (2013). You are not your pain: An 8-week program.
- Butler, D. & Moseley, L. (2013). Explain pain.
- Kabat-Zinn, J. (2010). Mindfulness meditation for pain relief: Guided practices for reclaiming your body and your life. [CD]
- 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)]

### Chronic Pain Self-Management Workbooks

- 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.
- 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.paintoolkit.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: [cmha.bc.ca](http://cmha.bc.ca)]
- Turk, D. & Winter, F. (2006) Pain survival guide: How to reclaim your life.

## **Neuroplasticity & Pain**

- Begley, S. (2007). Train your mind, change your brain: How a new science reveals our extraordinary potential to transform ourselves.
- Doidge, N. (2016). The brain's way of healing: Remarkable discovery and remarkable recovery from the frontiers of neuroplasticity.
- Doidge, N. (2007). The brain that changes itself: Stories of triumph from the frontiers of brain science.

## **Nutrition & 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.

## **Vaginal/Vulvar/Sexual Pain**

- Berman, L. (2010). Real sex for real women: Intimacy, pleasure, & wellbeing.
- Bilheimer, S. & Echenberg, R. (2009). Secret suffering: How women's sexual and pelvic pain affect their relationships.
- Coady, D. & Fish, N. (2011). Healing painful sex.
- Joannides, P. & Gross, D. (2012). Guide to getting it on!: A book about the wonders of sex.
- Glazer, H. (2002). The vulvodynia survival guide: How to overcome painful vaginal symptoms and enjoy an active lifestyle.
- Goldstein, A. (2011). When sex hurts: A woman's guide to banishing sexual pain.
- Vanderhaeghe, L. & Pettle, A. (2007). Sexy hormones: Unlocking the secrets to vitality.

## **Stress, Anxiety, Depression & Pain**

- Bourne, E. (2010). The anxiety & phobia workbook.
- Davis, M., Eshelman, E., & McKay, M. (2008). The relaxation & stress reduction workbook.
- Eifert, G. & Forsyth, J. (2008). The mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy.
- Greenberger, D. & Padesky, C. (1995). Mind over mood: Change how you feel by changing the way you think.
- Kabat-Zinn, J. (2009). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness.
- Teasdale, J., Williams, J., Segal, Z. & Kabat-Zinn, J. (2014). The mindful way workbook: An 8-week program to free yourself from depression and emotional distress.