

Resources

November 2017

Manage Your Pain – Help Yourself or Someone You Love Feel Better Now!

Recommended Reading

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| Managing Pain Before It Manages You | Margaret Caudill, MD*** |
| The Pain Survival Guide | Dennis Turk, PhD*** |
| Healing Yourself | Martin Rossman, MD*** |
| The Relaxation Response | Herbert Benson, MD*** |
| Timeless Healing | Herbert Benson, MD |
| Prescriptions for Living | Bernie Siegel, MD |
| Finding Balance | Monica Aggarwal, MD, Jyothi Rao, MD |
| The Mayo Clinic Guide to Stress Free Living | Amit Sood, MD |
| Stressaholic | Heidi Hanna |
| The Gifts of Imperfection | Brené Brown, PhD |
| The Miracle Mornings - Art of Affirmations | Hal Elrod, Brianna Greenspan |
| Simple Catastrophic Living | Jon Kabat-Zinn PhD |
| Wherever You Go, There You Are | Jon Kabat-Zinn PhD |

For additional information on Fibromyalgia (FM)

University of Michigan Chronic Pain and Fatigue Resource Center
Daniel Clauw, Director Excellent YouTube videos
<http://fibroguide.med.umich.edu>

For additional information on Ehlers-Danlos Syndromes (EDS) and Related Disorders

EDS Wisconsin, Inc. – <http://edswi.org> Local nonprofit supporting patients throughout Wisconsin
EDS Wellness – <http://edswellness.org> - information on optimal wellness with EDS/FM
Chronic Pain Partners – <http://www.chronicpainpartners.com> Webinars on EDS and related disorders
Hypermobility Syndromes Association – <http://hypermobility.org> Articles worth reading
The Ehlers-Danlos Society - <https://ehlers-danlos.com> Documents and resources
Ehlers-Danlos Syndromes Online CME Physician Education Program – FREE! <https://ehlers-danlos-cme.org>

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