**Recommended Reading on Chronic Pain & Chronic Conditions**

* *All in my head.* Paula Kamen*.* (2006)
* *Life After Pain: Break Free of Chronic Pain and Get Your Life Back*. Dr. Jonathan Kuttner & Naomi Kuttner. (2017)
* *You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being-An Eight-Week Program*. Vidyamala Burch & Danny Penman. (2015)
* *Radiant Relief: A Case for a Better Solution to Chronic Pain*. P. Brendon Lundberg & David B. Farley, MD. (2018)
* *Backbone: Living with Chronic Pain without Turning into One.* Karen Duffy. (2017)
* *How to Live Well with Chronic Pain and Illness: A Mindful Guide*. Toni Bernhard. (2015)
* *Explain Pain*. David Butler & Lorimer Moseley. (2013)
* *Chocolate & Vicodin: My Quest for Relief from the Headache that Wouldn’t Go Away.* Jennette Fulda. (2011)
* *Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness*. Paul. J. Donogue and Mary E. Siegel. (2000)
* *The Brain’s Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity.* Norman Doidge. (2016)
* *The Sound of a Wild Snail Eating*. Elisabeth Tova Bailey. (2016)
* *The Body Broken: A Memoir.* Lynne Greenberg. (2009)
* *Life Disrupted: Getting Real About Chronic Illness in Your Twenties and Thirties.* Laurie Edwards. (2008)
* *In the Kingdom of the Sick: A Social History of Chronic Illness in America*. Laurie Edwards. (2014)
* *When There is No Cure: How to Thrive While Living with the Pain and Suffering of Chronic Illness*. Craig K. Svensson. (2018)
* *Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life*. Joe Tatta. (2017)
* *Your Body’s Brilliant Design: A Revolutionary Approach to Relieving Chronic Pain.* Karen M. Gabler. (2017)
* *You Don’t Look Sick: Living Well with Invisible Chronic Illness*. Joy H. Selak & Steven S. Overman. (2005)
* *Chronic Resilience: 10 Sanity-Saving Tools for Women Coping with the Stress of Illness*. Danea Horn. (2013)
* *How Can You Not Laugh at a Time Like This? Reclaim Your Health with Humor, Creativity, and Grit*. Carla Ulbrich. (2011)
* [*The Pain Chronicles: Cures, Myths, Mysteries, Prayers, Diaries, Brain Scans, Healing, and the Science of Suffering*](http://www.amazon.com/The-Pain-Chronicles-Mysteries-Suffering/dp/B008W316Z0). Melanie Thernstrom. (2011)
* *[Living with Chronic Pain: The Complete Health Guide to the Causes and Treatment of Chronic Pain](http://www.amazon.com/Living-Chronic-Pain-Second-Edition/dp/B00A176RFO" \t "_blank)*. Jennifer Schneider, MD. (2009)
* *[Managing Pain Before It Manages You: A Clinically Tested, Effective Program to Take Back Your Life from Pain](http://www.amazon.com/Managing-Before-Manages-Third-Edition/dp/1593859821" \t "_blank)*. Margaret Caudill, MD. (2008)
* *[The Chronic Pain Solution: Your Personal Path to Pain Relief](http://www.amazon.com/The-Chronic-Pain-Solution-Personal/dp/0553381113" \t "_blank).* James Dillard, MD. (2003)
* *[Pain-Wise: A Patient’s Guide to Pain Management](http://www.amazon.com/Pain-Wise-Patients-Guide-Pain-Management/dp/1578264081" \t "_blank).* David Kloth, MD, Andrea Trescot, MD, & Francis Riegler, MD. (2011)
* *I Still Dream Big: Stories of Teens Living with Chronic Illness*. Penny B. Wolf. (2009)
* *A Nation in Pain: Healing our Biggest Health Problem*. Judy Foreman. (2014)
* *The Story of Pain: From Prayer to Painkillers*. Joanna Bourke. (2017)
* *How to Be Sick: A Buddhist-Inspired Guide to the Chronically Ill and their Caregivers*. Toni Bernhard. (2010)
* *Living a Healthy Life with Chronic Conditions*. Dr. Kate Lorig et al. (2012)
* *7 Steps to Living Well with a Chronic Illness*. Matt Cavallo. (2014)
* *When Someone You Love Has a Chronic Illness: Hope and Help for Those Providing Support.* Tamara McClintock Greenberg. (2012)
* *Sick:* *A Memoir*. Porochista Khakpour. (2018)
* *Pain Woman Takes Your Keys, and Other Essays from a Nervous System*. Sonya Huber. (2017)
* *Invisible*: *How Young Women with Serious Health Issues Navigate Work, Relationships, and the Pressure to Seem Just Fine*. Michele Lent Hirsch. (2018)
* *Girl in the Dark: A Novel*. Marion Pauw & Hester Velmans. (2016)
* *In the Kingdom of the Sick*: *A Social History of Chronic Illness in America*. Laurie Edwards. (2014)
* *Through the Shadowlands*: *A Science Writer’s Odyssey into an Illness Science Doesn’t Understand.* Julie Rehmeyer. (2017)
* *Ask me About My Uterus*: *A Quest to Make Doctors Believe in Women’s Pain*. Abby Norman. (2018)
* *ChronicBabe 101: How to Craft an Incredible Life Beyond Illness*. Jenni Grover. (2017)
* *Confronting Chronic Pain: A Pain Doctor’s Guide to Relief*. Steven H. Richeimer & Kathy Steligo. (2014)
* *When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain*. Rachael Coakley. (2016)
* *Pain Relief: Managing Chronic Pain Through Traditional, Holistic, and Eastern Practices.* David Cosio. (2018)
* *The Painful Truth: What Chronic Pain is Really Like and Why It Matters to Each of Us*. Lynn R. Webster, MD. (2015)
* *Heal Your Pain Now*: *The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life.* Joe Tatta. (2017)
* *Shake, Rattle & Roll With It: Living and Laughing with Parkinson’s*. Vikki Claflin. (2016)
* *True to Form: How to Use Foundation Training for Sustained Pain Relief and Everyday Fitness*. Eric Goodman. (2016)
* *The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness.* Mickey Trescott and Angie Alt*. (2016)*
* *Sick Success.* Hilary Jastram*. (2018)*
* *Sick and Tired: Empathy, Encouragement, and Practical Help for Those Suffering from Chronic Health Problems. Kimberly Rae. (2013)*
* *Managing Your Child’s Chronic Pain*. Tonya M. Palermo. (2015)
* *The End of Pain: How Nutrition and Diet Can Fight Chronic Inflammatory Disease.* Jacqueline Lagace*.* (2014)
* *Confronting Chronic Pain:* *A Pain Doctor’s Guide to Relief.* Steven H. Richeimer MD & Kathy Steligo. (2014)
* *Chronic Pain: Finding Hope in the Midst of Suffering*. Rob Prince. (2014)

**Recommended Podcast on Chronic Pain & Chronic Conditions**

*Single Episode*

* Living with a Chronic Illness with Julie Morgenlender, [The Notable Woman Podcast](https://podcasts.apple.com/us/podcast/the-notable-woman-podcast/id1155836816) (<https://podcasts.apple.com/us/podcast/episode-002-living-chronic-illness-julie-morgenlender/id1155836816?i=1000375411941&mt=2>)
* Healing a Chronic Illness: Finding Hope After Disappointment with Amy Kurtz

[Adventures in Happiness with Jessica Ortner](https://podcasts.apple.com/us/podcast/adventures-in-happiness-with-jessica-ortner/id976861197), Episode 41

<https://podcasts.apple.com/us/podcast/ep-41-healing-chronic-illness-finding-hope-after-disappointment/id976861197?i=1000379882634&mt=2>

* Something only I can see. This American Life

<https://www.thisamericanlife.org/577/something-only-i-can-see>

* The Role of Self-Compassion in the treatment of Chronic Pain with Karlyn Edwards –The Healing Pain Podcast with Dr. Joe Tatta

<https://www.integrativepainscienceinstitute.com/latest_podcast/the-role-of-self-compassion-in-the-treatment-of-chronic-pain-with-karlyn-edwards-ms/>

* Where to start with chronic illnesses with Dr. Christine Schaffner, ND: The Golden Hour Podcast, Episode 3 (<https://gurlgonegreen.com/2018/06/25/start-chronic-illnesses-dr-christine-schaffner-nd/>)
* How Comedian Nicole Arbour Thrived Despite Chronic Pain, Problem Solvers Podcast (<https://www.entrepreneur.com/listen/problem-solvers/320545>0
* [Psychological treatment of chronic pain with Dr Kathleen Leach](https://www.twoshrinkspod.com/podcasts/2018/11/13/36-psychological-treatment-of-chronic-pain-with-dr-kathleen-leech), Two Shrink Podcast, Episode 36 (<https://www.twoshrinkspod.com/podcasts/2018/11/13/36-psychological-treatment-of-chronic-pain-with-dr-kathleen-leech>)
* Ian Tracey on Pain in the Brain, The Life Scientific Podcast

<https://www.bbc.co.uk/programmes/m0003qx1>

* Chronic pain: [Addiction, Mental health, Chronic pain](https://www.spreaker.com/show/addiction-and-mental-health) <https://www.spreaker.com/user/11205990/chronic-pain>
* Invisibilia: For Some Teens With Debilitating Pain, The Treatment Is More Pain - Shots: Health News from NPR (<https://www.npr.org/sections/health-shots/2019/03/09/700823481/invisibilia-for-some-teens-with-debilitating-pain-the-treatment-is-more-pain>)
* How do you deal with the grief of chronic illness? Episode 1 <https://www.buzzsprout.com/221795/867077>

*Continuous or Multiple Episodes*

* Painiac: The Podcast on Living Well Even When Life Hurts <https://www.shellyjacksonbuffington.com/podcast>
* Invisible Warrior Radio - Chronic Illness Support, Adrienne Clements, Empowerment Coach (<https://podcasts.apple.com/us/podcast/invisible-warrior-radio-chronic/id1055125438?mt=2>)
* In Sickness + in Health: A Podcast about Chronic Illness, Disability, Healthcare and Mortality (<http://www.insicknesspod.com/episodes>)
* Sickboy (<http://sickboypodcast.com/>)
* Just A Spoonful Kaitlyn Plyley (<https://podcasts.apple.com/au/podcast/just-a-spoonful/id927826969?mt=2>)
* This is not what I ordered (<https://laurenselfridge.com/listen/>)
* Like Mind, Like Body (<https://www.curablehealth.com/podcast>)
* Chronic Sex: Because sexuality doesn’t depend on ability <https://www.chronicsex.org/podcast/>
* Well now (<https://www.saje.com/ca/podcast.html>)
* The Cure for Chronic Pain with Nicole Sachs, LCSW <https://www.podparadise.com/Podcast/1439580309>
* Have you tried Yoga? (<https://haveyoutriedyogapodcast.wordpress.com/>)
* Life Over Pain (<https://soundcloud.com/user-144164104-500585274>)
* [Tips and Tricks on How to Be Sick](https://player.fm/series/tips-and-tricks-on-how-to-be-sick)

<https://podcasts.apple.com/us/podcast/tips-and-tricks-on-how-to-be-sick/id1318552680>

* Straight Shot Health (<https://straightshothealth.com/category/podcast/>)
* Pain Waves (<https://www.spreaker.com/show/pain-waves>)
* Airing Pain (<https://audioboom.com/channel/airingpain>)
* Invisible not Broken Chronic Illness Podcast <https://podcasts.apple.com/us/podcast/invisible-not-broken/id1272292605?mt=2>
* Sick Day: A Feminist Chronic Illness Podcast <https://podcasts.apple.com/us/podcast/sick-day-a-feminist-chronic-illness-podcast/id1436904807>
* Beyond your Diagnosis (<https://www.buzzsprout.com/169206>)
* Chronically Wellness: Health and Wellness Podcast

<https://tunein.com/podcasts/Health--Wellness-Podcasts/Chronically-Well-p1208598/>

**Recommended Blogs on Chronic Pain & Chronic Conditions**

Chronic Babe

<https://www.chronicbabe.com/> Chronic Babe

My Cuppa Jo

<http://www.mycuppajo.com/>

The Chronic Pain Couple

<https://www.chronicpaincouple.com/blog/>

The Paleo Mom

<https://www.thepaleomom.com/>

Chronically Whole

<http://chronicallywhole.com/>

Brainless Blogger: A blog about chronic pain and chronic pain life

<https://brainlessblogger.net/>

What a Pain

<https://whatapain.co.uk/blog>

A Journey through the Fog

<https://www.ajourneythroughthefog.co.uk/>

A Chronic Voice

<https://www.achronicvoice.com/>

A 30 Minute Life

<https://a30minutelife.com/>

Chronic Illness Bloggers

<https://chronicillnessbloggers.com/blog/>

Ashley’s Anatomy

<https://ashleysanatomy.com/blog/>

Picnic with Ants: My life disABLED with Chronic Illnesses

<https://picnicwithants.com/>

Dr. Shiller

<http://www.drshiller.com/blog/>

Working with Chronic Illness

<http://cicoach.com/blog/>

Despite Pain

<https://despitepain.com/blog-posts/>

**Recommended Twitter Accounts on Chronic Pain & Chronic Conditions**

[@PainNewsNetwork](https://twitter.com/PainNewsNetwork)

[@NatPainReport](https://twitter.com/NatPainReport)

[@ThePainComm](https://twitter.com/ThePainComm)

[@PainReliefRev](https://twitter.com/PainReliefRev)

[@painmednews](https://twitter.com/painmednews)

[@US\_Pain](https://twitter.com/US_Pain)

[@StanfordPain](https://twitter.com/StanfordPain)

[@forgrace](https://twitter.com/forgrace)

[@INvisiblePro](https://twitter.com/INvisiblePro)

[@APainPrincess](https://twitter.com/APainPrincess)

[@AChVoice](https://twitter.com/AChVoice)

[@SpoonieLiving](https://twitter.com/SpoonieLiving)

[@PAINthejournal](https://twitter.com/PAINthejournal)

[@Unchargeables](https://twitter.com/Unchargeables)

[@TheMightySite](https://twitter.com/TheMightySite)

[@chronicmom1](https://twitter.com/chronicmom1)

[@JourneyFog](https://twitter.com/JourneyFog)

**Recommended Instagram Accounts on Chronic Pain & Chronic Conditions**

Pain Resource

<https://www.instagram.com/PainResource/>

The Tired Girl Society

<https://www.instagram.com/thetiredgirlsociety/>

Mamas Forward

<https://www.instagram.com/mamasforward/>

Chronic Pain

<https://www.instagram.com/chronicpain/?hl=en>

**Recommended Videos on Chronic Pain & Chronic Conditions**

The story and stigma of a baffling illness | Jen Brea

<https://www.ted.com/talks/jen_brea_what_happens_when_you_have_a_disease_doctors_can_t_diagnose>

The Mysterious Science of Pain | Joshua W. Pate

<https://www.ted.com/talks/joshua_w_pate_the_mysterious_science_of_pain>

The Mystery of Chronic Pain | Elliot Krane

<https://www.ted.com/talks/elliot_krane_the_mystery_of_chronic_pain>

How does your brain respond to pain? | Karen D. Davis

<https://www.ted.com/talks/karen_d_davis_how_does_your_brain_respond_to_pain>

The amazing story of the man who gave us modern pain relief | Latif Nasser

<https://www.ted.com/talks/latif_nasser_the_amazing_story_of_the_man_who_gave_us_modern_pain_relief>

A broken body isn’t a broken person | Janine Shepherd

<https://www.ted.com/talks/janine_shepherd_a_broken_body_isn_t_a_broken_person>

Why we all need to practice emotional first aid | Guy Winch

<https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene>

Your genes are not your fate | Dean Ornish

<https://www.ted.com/talks/dean_ornish_says_your_genes_are_not_your_fate>

Embrace the Shake | Phil Hansen

[https://embed.ted.com/talks/phil\_hansen\_embrace\_the\_shake#](https://embed.ted.com/talks/phil_hansen_embrace_the_shake)

I got 99 problems, palsy is just one | Maysoon Zayid

[https://embed.ted.com/talks/maysoon\_zayid\_i\_got\_99\_problems\_palsy\_is\_just\_one#](https://embed.ted.com/talks/maysoon_zayid_i_got_99_problems_palsy_is_just_one)

What if individuals with chronic disease were empowered to live the life they want? |

Jennifer Schneider

<https://www.youtube.com/watch?v=1refwaXwrLE>

The Hell of Chronic Illness | Sita Gaia

<https://www.youtube.com/watch?v=sKtbhZpTpbc>

The Opportunity of Adversity | Aimee Mullins

<https://www.ted.com/talks/aimee_mullins_the_opportunity_of_adversity>

Brain Fog, Pain Fog | Chronically Mo

<https://www.youtube.com/watch?v=eCvlQgNyX6o>

# Fibromyalgia and Loneliness | FibroMom

<https://www.youtube.com/watch?v=Fx0G1zhDAKk>

# How to Cope with Chronic Illness Part 1 Painful Hilarity

<https://www.youtube.com/watch?v=-kkTeg47-S8>

**Video Channels**

Chronic Illness Therapy

<https://www.youtube.com/channel/UCx3CcaEADb1WTHDw0Hx5cXw/videos>

Pain Resource

<https://www.youtube.com/channel/UCOrrY6FEouutyQv79vMwyFQ/videos>

You Look Okay with me

<https://www.youtube.com/channel/UC33MjJJGFWayn6pMDxoa-gQ/videos>

The Chronic Café

<https://www.youtube.com/channel/UCxaoyvmOUY7rE1kQzcBfIYg/videos>

Dr. Lonnie Herman

<https://www.youtube.com/user/DrHermanReports/videos>

My Chronic Connection

<https://www.youtube.com/channel/UCa1cG-RMGNY-O0JEkjz438A/videos>

**Recommended Apps on Chronic Pain & Chronic Conditions**

**My Pain Dairy: Gold Edition**

My Pain Dairy: Gold Edition was actually created by a chronic pain patient to "track, manage, and report on chronic pain and symptoms, chronic illness, and mental health." You're able to customize the app to fit your needs, including the location of the pain and the type of pain. More than 60 chronic health conditions are able to be tracked at this time. *Cost $4.99*

**Flaredown**

Flaredown is a comprehensive app that allows you to track symptoms, what you eat, your medications, the weather, your mental health, your activities, holistic medicines, and even allows you to customize tracking. The app supports a wide variety of conditions, has a discussion features that allows you to talk to other people, and even lets you to send reports to your doctor. *Cost Free*

**Medisafe**

Medisafe is an app that helps patients manage medications. It helps with dosage and reminds you when you need to take your meds, increasing adherence rates. The information can also be shared with your healthcare team and pharmacy. *Cost Free*

**GeoPain**

GeoPain, a new pain tracking app available for free from [iTunes](https://itunes.apple.com/us/app/geopain-home/id1377473843?ls=1&mt=8) and [Google Play](https://play.google.com/store/apps/details?id=com.MoxyTechInc.GeoPain.Home.Release&hl=en_US), allows users to draw the location and intensity of their pain on an image of a body. You can also track your triggers, side effects and treatments. *Cost - free*

**PainScale**

Use [PainScale](https://www.painscale.com/) to track your pain symptoms, treatments, triggers, activity, sleep, and more. The app is filled with visuals to help you spot trends and send reports to your doctors. The app even features quizzes to help you learn about potential treatments to discuss with your doctor. *Cost - free*

**mySymptoms**

A simpler chronic pain app, [mySymptoms](https://skygazerlabs.com/wp/) is designed to track your diet and symptoms. While you can track other areas too, it’s a seemingly simple diary where you enter your symptom, activities, food, and even stress levels chronologically. However, the visual tracker helps you quickly see trends based on your entries. Since it focuses on your diet, it’s an ideal app for finding possible food triggers. *Cost- $3.88*

**Pain Companion**

[Pain Companion](https://play.google.com/store/apps/details?id=com.sanovation.paincompanion) works similarly to GeoPain by allowing you to draw your pain and chart the severity. Track your symptoms, sleep, activities, and treatments. However, this app stands out from other chronic pain apps for the social aspect. While you don’t have to participate, you can connect with others who have the same conditions. Discuss treatment options, pain management techniques, and just get support so you don’t feel alone. Detailed charts make it easy to share everything you’ve tracked with your doctors. *Cost-Free*

**Chronic Pain Tracker**

This app features 19 tracking “modules” for a more well-rounded view of your condition including triggers, treatments, location, intensity, duration, mental state, activity level, weather, body weight, sleep and more. You can then analyze the data with charts and graphs, and download your diaries to show your doctors. *Cost free version and $6.99 Pro edition.*

**PainScale**

In addition to tracking your symptoms, medication, treatments, activity, mood and sleep, you can also check out the app’s “community” feature, to see how other people with similar conditions manage their pain. The app also includes a library of articles and videos from medical sources, if you’re looking for more information on your condition and treatments. *Cost - Free*

**FibroMapp Pain Manager**

Designed by a web developer whose wife was struggling with fibromyalgia, FibroMapp allows users of any pain condition, such as arthritis, lupus and multiple sclerosis. In addition to trackers for mood, sleep, pain, fatigue, etc., there is also a medication tracker and alarm that helps ensure you aren’t over- or under-medicating. You can create printable and email-able reports for doctors and insurance. *Cost - $2.49*

**CatchMyPain**

CatchMyPain is one of the most well-known pain apps not only for its helpful features but also for the way in which it builds community. CatchMyPain has a forum feature that connects chronic pain patients to each other. In addition, doctors and researchers are studying anonymous data from users to find areas of focus for research and treatment. With this pain app, patients can: locate their pain on their body, track stress, fatigue, and mood, and connect with their physician. *Cost - free and paid versions*

**Manage My Pain**

Manage My Pain is a free pain app (with paid upgrades) for Android phones. It allows you to track symptoms and create easy-to-read charts and other data to show family and friends. For chronic pain patients who feel alone or as if their family and friends don’t quite understand their struggle, this app can give them the data to better explain their condition. While the “lite” version of this pain diary app is free, there is a “pro” version of Manage My Pain that has more detailed and comprehensive tracking tools*.*

**Reachout**

[Reachout](https://reachout.life/) is a peer support app for those dealing with mental health and other chronic conditions. Share among those who understand what you are going through and collectively manage your conditions better. *Cost -free*

**Curable**

Curable is an app for chronic pain. It uses a combination of pain science education and evidence-based techniques to address pain from every angle. The program helps you connect the dots between what’s happening in your brain, in your body, and in your life, to get a full picture of what's causing your symptoms and how to relieve them. *Cost - $5.99/year*