Pain, Anxiety and Depression Bibliography

Here is a list of books for people suffering from chronic pain, depression, anxiety or a combination of these conditions. The books contain valuable wisdom to help you manage and recover from your particular problems. Ideas from the books can be used along with your more formal therapeutic activities. Please speak with your treatment providers about any issues or questions that arise as you read these books.

**Pain**

- *The Chronic Pain Control Workbook (Second Edition)* by Ellen Mohr Catalano, M.A. and Kimeron Hardin, Ph.D.
- *Explain Pain* by David Butler, M.App.Sc and G. Lorimer Moseley, Ph.D. (A very interesting book about what is really happening with chronic pain but may be hard to find. It is published in Australia).
- *Managing Pain Before It Manages You (Third Edition)* by Margaret A Caudill, M.D., Ph.D, M.P.H.
- *Mastering Pain: A Twelve-Step Program for Coping with Chronic Pain* by Richard A. Sternbach, M.D.
- *The Pain Cure* by Dharma Singh Khalsa, M.D. with Cameron Stauth.
- *The Pain Survival Guide* by Dennis C. Turk, Ph.D. and Frits Winter, Ph.D.
- *Pain: The Science Of Suffering* by Patrick Wall.
- *Taking Charge of Your Chronic Pain* by Peter Abaci, M.D.
- *10 Simple Solutions to Chronic Pain: How to Stop Pain from Controlling Your Life* by Blake H. Tearnan, Ph.D.
- *Validate Your Pain: Exposing the Chronic Pain Cover-Up (Third Edition)* by Allan F. Chino, Ph.D. and Corinne Dille Davis, M.D.
Anxiety

- The Anxiety and Phobia Workbook by Edmund J. Bourne, Ph.D.
- Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You From Anxiety, Fear And Panic (Second Edition) by Jeffrey Brantley, M.D.
- Daily Meditations for Calming Your Anxious Mind by Jeffrey Brantley, M.D. and Wendy Millstine.
- Heal Your Anxiety Workbook: New Techniques for Moving from Panic to Inner Peace by John B. Arden, Ph.D.
- The Mindfulness and Acceptance Workbook for Anxiety by John P. Forsyth, Ph.D. and Georg H. Eifert, Ph.D.

Depression

- The Bipolar Disorder Survival Guide: What You and Your Family Need To Know by David J. Miklowitz, Ph.D.
- Breaking The Patterns Of Depression by Michael D. Yapko.
- The Depression Workbook: A Guide to Living with Depression and Manic Depression (Second Edition) by Mary Ellen Copeland, M.S., M.A.
- Feeling Good: The New Mood Therapy by David D. Burns, M.D.
- How To Refuse to Make Yourself Miserable About Anything: Yes, Anything by Albert Ellis, Ph.D.
- Learned Optimism: How to Change Your Mind and Your Life by Martin E. P. Seligman, Ph.D.
- Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner by Julie A. Fast and John D. Preston, Psy.D.
- The Mindfulness and Acceptance Workbook for Depression by Kirk D. Strosahl, Ph.D. and Patricia J. Robinson, Ph.D.
- Undoing Depression: What Therapy Doesn’t Teach You and Medication Can’t Give You (Revised Edition) by Richard O’Connor, Ph.D.
- When Feeling Bad Is Good by Ellen McGrath, Ph.D.
Books of related interest

- *All I Want is a Good Night’s Sleep* by Sonia Ancoli-Israel.

- *Comfortable with Uncertainty: Teachings on Cultivating Fearlessness and Compassion* by Pema Chodron.

- *Full Catastrophe Living: Using The Wisdom of Your Body and Mind to Face Stress, Pain, And Illness* by Jon Kabat-Zinn, Ph.D.


- *Life Disrupted: Getting Real About Chronic Illness in Your Twenties and Thirties* by Laurie Edwards
  
  This comes highly recommended from a young pain patient.

- *Living Well with a Hidden Disability: Transcending Doubt and Shame and Reclaiming Your Life* by Stacy Taylor, M.S.W., L.C.S.W. with Robert Epstein, Ph.D.

- *Make Health Happen: Training Yourself to Create Wellness* by Erik Peper, Katherine Gibney and Catherine Holt.

- *The Relaxation and Stress Reduction Workbook (Sixth Edition)* by Martha Davis, Ph.D., Elizabeth Robbin Eshelman, M.S.W. and Patrick Fanning.

- *Stress Management: A Comprehensive Guide to Wellness* by Edward A. Charlesworth, Ph.D. and Ronald G. Nathan, Ph.D.

- *Thoughts and Feelings: Taking Control of Your Moods and Your Life (Third Edition)* by Matthew McKay, Ph.D., Martha Davis, Ph.D. and Patrick Fanning.

Please let us know if you have found this list to be of help to you. We are also interested in any other books that have helped you in your quest to manage these conditions and to lead a more satisfying and productive life. We will update this list as we learn of other worthy additions. You may leave your comments with the UCSF Pain Management Center office staff or leave a message for Katherine L. Bowman, Ph.D., both at (415) 885-7246.