

Some resources for people dealing with chronic pain

1. Books, free pdf downloads, YouTube videos by Shinzen Young. See <http://www.amazon.com/Break-Through-Pain-Step-Step/dp/B001CB6A0A> to get you started, and Google “Shinzen Young pain” to see other resources.
2. <https://www.healthjourneys.com/defeat-pain> CD or MP3 download, KRS Enstrom, “Defeat Pain.” Guided imagery. Go to healthjourneys.com and search for Enstrom, Defeat Pain.
3. http://www.healthjourneys.com/Product_Detail.aspx?catid=-1&id=18 CD or MP3 download, Belleruth Naparstek, “Ease Pain.” Guided imagery. Go to healthjourneys.com and search for Naparstek, Ease Pain.
4. EBMC’s Sunday evening Every Body Every Mind Sangha, every Sunday 6 – 7:30 pm. For people with physical and cognitive disabilities, chronic pain, chronic illness, and other limitations.
5. <http://www.darlenecohen.net/books.html> *BOOK: Turning Suffering Inside Out: A Zen Approach to Living with Physical and Emotional Pain* and other resources listed on this Webpage.
6. Half-hour podcast. Toni Bernhard, “How to Live Well with Chronic Pain and Illness: A Mindful Guide,” <https://presentmomentmindfulness.com/2015/10/19/episode-054-toni-bernhard-how-to-live-well-with-chronic-pain-and-illness-a-mindful-guide/>
7. Tara Brach, guided meditation for people with chronic pain https://secure-hwcdn.libsyn.com/p/0/4/e/04ee7a630ae88c40/1-04_Radical_Acceptance_Of_Pain.mp3?c_id=9268065&cs_id=9268065&expiration=1526920883&hwt=b9720cf09740aa43e663819eafbab951