

# Chronic Pain

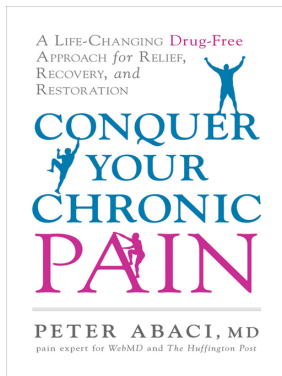
## Family Resource Libraries

Karahan Family Resource Library  
Children's Health Plano  
L1275  
469-303-7735

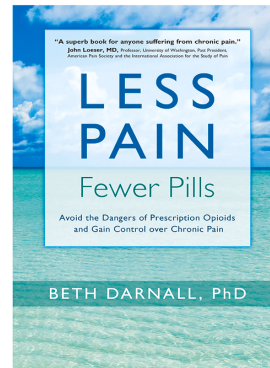
Krissi Holman Family Resource Library  
Children's Health Dallas  
Health & Leisure - C4205 - 214-456-0222  
Children & Teen - C4206 - 214-456-4787

To check out our e-book and e-audiobook collection, email [fri.libraries@childrens.com](mailto:fri.libraries@childrens.com) to set up your free OverDrive account.

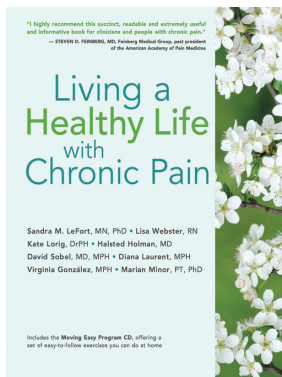
## Book Recommendations



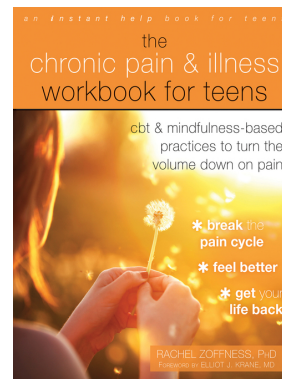
**Conquer Your Chronic Pain: A Life-Changing Drug-Free Approach for Relief, Recovery, and Restoration**  
by Peter Abaci



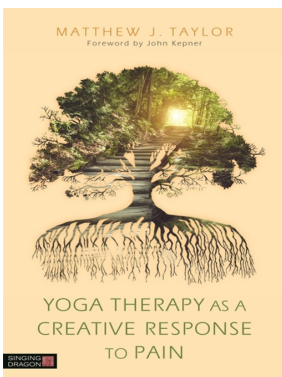
**Less Pain, Fewer Pills: Avoid the Dangers of Prescription Opioids and Gain Control over Chronic Pain**  
by Beth Darnall



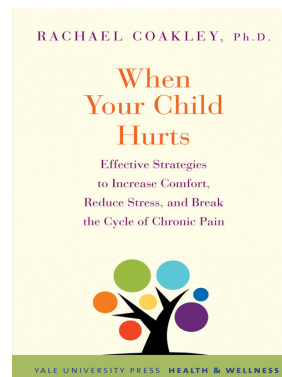
**Living a Healthy Life with Chronic Pain**  
by Sandra M. LeFort



**The Chronic Pain and Illness Workbook for Teens: CBT and Mindfulness-Based Practices to Turn the Volume Down on Pain**  
by Rachel Zoffness



**Yoga Therapy as a Creative Response to Pain**  
by Matthew J. Taylor



**When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain**  
by Rachael Coakley

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## Websites for Chronic Pain

### Family Doctor

- [familydoctor.org/?s=chronic+pain+in+children](http://familydoctor.org/?s=chronic+pain+in+children)

### KidsHealth

- [kidshealth.org/chronic\\_pain](http://kidshealth.org/chronic_pain)

### Mayo Clinic

- [mayoclinic.org/search/pain](http://mayoclinic.org/search/pain)

### MedlinePlus

- [medlineplus.gov/chronicpain](http://medlineplus.gov/chronicpain)
- [medlineplus.gov/ency/patientinstructions/pain-emotions](http://medlineplus.gov/ency/patientinstructions/pain-emotions)
- [medlineplus.gov/abdominal-pain-children](http://medlineplus.gov/abdominal-pain-children)
- [medlineplus.gov/druginfo/meds/colchicine](http://medlineplus.gov/druginfo/meds/colchicine)
- [medlineplus.gov/histoplasmosis](http://medlineplus.gov/histoplasmosis)

If you need any more information about chronic pain, email [fri.libraries@childrens.com](mailto:fri.libraries@childrens.com).

## Dolor Crónico

### Family Doctor

- [es.familydoctor.org/dolor+ninos](http://es.familydoctor.org/dolor+ninos)

### Kids Health

- [kidshealth.org/us/es/dolor](http://kidshealth.org/us/es/dolor)

### Mayo Clinic

- [mayoclinic.org/es-es/search/dolor](http://mayoclinic.org/es-es/search/dolor)

### MedlinePlus

- [medlineplus.gov/spanish/chronicpain](http://medlineplus.gov/spanish/chronicpain)
- [medlineplus.gov/spanish/ency/patientinstructions/pain-emotions](http://medlineplus.gov/spanish/ency/patientinstructions/pain-emotions)
- [medlineplus.gov/spanish/dolor-abdominal-en-ninos](http://medlineplus.gov/spanish/dolor-abdominal-en-ninos)
- [medlineplus.gov/spanish/druginfo/meds/colchicina](http://medlineplus.gov/spanish/druginfo/meds/colchicina)
- [medlineplus.gov/spanish/histoplasmosis](http://medlineplus.gov/spanish/histoplasmosis)

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