

Chronic Pain & Fibromyalgia Resources Ressources sur la douleur chronique et la fibromyalgie

What's Available at the Resource Centre? Quels sont les services offerts au Centre de ressources?

Books / Ouvrages de référence

English / Anglais

- ✓ All About Fibromyalgia - Daniel J. Wallace Janice Brock Wallace
- ✓ Chronic Pain and the Family: A New Guide – J. Silver
- ✓ Fibromyalgia and Chronic Myofascial Pain - D. Starlanyl and M.E. Copeland
- ✓ Fibromyalgia and Female Sexuality - Marline Emmal Ph.D.
- ✓ Living with Chronic Pain - Schneider, J.
- ✓ Mastering Pain: A 12 Step Program for Coping with Chronic Pain - Dr. R.A. Sternbach
- ✓ Mayo Clinic on Chronic Pain 1st Edition
- ✓ Pain: Learning to Live Without It - Dr. D. Corey
- ✓ Sex and Back Pain, 2nd Edition- Lauren Hebert
- ✓ Sex and Back Pain, 3rd Edition- Lauren Hebert
- ✓ Taking Charge of Fibromyalgia: Everything You Need to Know to Manage Fibromyalgia - Kelly & Devonshire
- ✓ The Body Broken: A Memoir -Lynne Greenberg
- ✓ The Chronic Pain Control Workbook – E. Catalano and K. Hardin
- ✓ The Fibromyalgia Help Book: Practical Guide to Living Better with Fibromyalgia - Jenny Fransen & Jon Russell
- ✓ The Pain Detective; Every Ache Tells a Story – Hillel M. Firestone
- ✓ The Relaxation & Stress Reduction Workbook - Davis, Eshelman & McKay

French / Français

- ✓ Contrôlez votre douleur - F. Boureau
- ✓ Faire l'amour et les problèmes de dos - Lauren Hebert
- ✓ La douleur chronique: Approche globale - la Clinique Mayo, Lavoie Broquet
- ✓ La Fibromyalgie - Marcel Guité & Agathe Bégin
- ✓ La Fibromyalgie et le syndrome de fatigue chronique - Dr. Anthony Martin

Other Resources of Interest / Autres ressources d'intérêt

Chronic Pain & Fibromyalgia Websites

Sites Web sur la douleur chronique et sur Fibromyalgia

www.feelinggood.com – Dr. David Burns

www.mindovermood.com – Dr. Christine Padesky

www.chronicpaincanada.com - Chronic Pain Association of Canada

www.chronicpainsupport.org – Chronic Pain Support Group

www.ninds.nih.gov/disorders/chronic_pain/chronic_pain.htm - National Institute of Neurological Disorders

www.cpa.ca/publications/yourhealthpsychologyworksheets/chronicpain - Canadian Psychological Association

www.fmnetnews.com/basics-symptoms.php - Fibromyalgia Network

<http://fibromyalgia.ncf.ca/> - Fibromyalgia Information

http://www.fmaware.org/site/PageServer?pagename=page_not_found – National Fibromyalgia Association

www.fibrohugs.com – Support for Fibromyalgia

General Health Websites / Sites Web sur la santé générale

www.canadian-health-network.ca - Canadian Health Network

www.mayoclinic.com – Mayo Clinic

Local Support Groups / Organizations Groupes et organismes de soutien de la région

Fibromyalgia Support - Ottawa West: <http://www.icdri.org/Medical/Fibromyal.htm>

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