
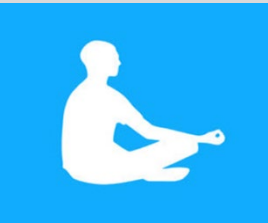
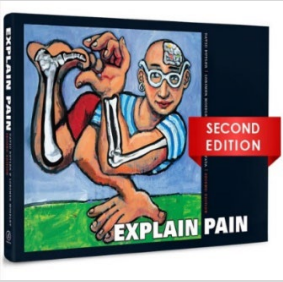
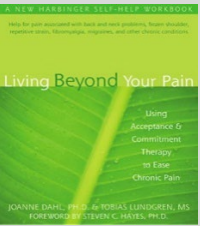


Name	Benefits	Description
Mindfulness & Mental Health Apps		
 <p style="text-align: center;">Insight Timer</p> <p style="text-align: center;">Review: What's Offered, Cost, and Who It's Right For</p> <p style="text-align: center;">Insight Timer</p>	<ul style="list-style-type: none"> • Sleep • Anxiety • Stress • Insightful talks • Mindfulness • Courses 	<p>The number 1 free meditation app. Apps of the Year Winner (TIME Magazine and Women's Health).</p> <p>Guided meditations, sleep music tracks and talks led by the top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more.</p> <p>Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress...</p>
 <p style="text-align: center;">Mindfulness</p> <p style="text-align: center;">https://theminfulnessapp.com/</p>	<ul style="list-style-type: none"> • Mindfulness • Relaxation • Thoughts, Emotions, Body sensations • Meditation • Sleep • Mood 	<p>A digital tool accessible to everyone to meditate and practice mindfulness.</p> <p>The App offers an extensive number of meditations with world-renowned teachers, customizable settings, and daily encouragement.</p>
Books		
 <ul style="list-style-type: none"> • Explain Pain by David Butler and Lorimer Moseley 	<ul style="list-style-type: none"> • Pain education • Pain management Strategies 	<p>One of the original books driving paradigms on pain theory and pain management.</p> <p>Has sections both explaining the physiological and anatomical basis of pain as well as some advice and strategies on pain management.</p> <p>It is written in a way for people to understand even if they do not have a medical background and is beautifully illustrated.</p>
 <ul style="list-style-type: none"> • Living Beyond Your Pain by Joanne Caroline Dahl 	<ul style="list-style-type: none"> • Pain Management Strategies 	<p>Here is an approach to living with chronic pain unlike any you've seen before, one that breaks through pain to help you live the rich and full life you deserve. Based on acceptance and commitment therapy (ACT), one of the most promising and fastest growing psychotherapies in use today, this book breaks with conventional notions of pain management, the traditional "feel good" approaches—including the use</p>

 <p>The Way Out by Alan Gordon.</p>	<ul style="list-style-type: none"> • Scientifically proven approach to heal chronic pain 	<p>of pain-killing medication—that work to prevent painful sensations.</p> <p>Rewire your brain, end your pain.</p> <p>From back pain to migraines, arthritis and sciatica, over 1.2 billion people worldwide suffer from regular or chronic pain, 28 million in the UK alone. It's a global epidemic that regularly resists treatment and can totally derail people's lives. But it doesn't have to be this way.</p> <p>Based on the premise that pain starts in the brain not the body, Gordon's Pain Reprocessing Therapy (PRT) enables you to rewire your neural circuits and turn off 'stuck' pain signals.</p> <p>In The Way Out, Gordon provides an easy-to-follow guide to ending your pain with PRT. Drawing on cutting-edge research along with his own experiences as a chronic pain sufferer, he will help you:</p> <ul style="list-style-type: none"> - Understand how the brain can unintentionally 'learn' chronic pain - Turn off pain signals that have become 'stuck' - these are false alarms - Use revolutionary techniques to break the cycle of fear that causes chronic pain - Develop long-term strategies for living pain-free
 <p>The Body Keeps The Score – Bessel van der Kolk.</p>	<ul style="list-style-type: none"> • The relationship of trauma to pain. 	<p>Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust.</p> <p>He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.</p>