This book offers a gentle introduction to the complex world of chronic pain.

The author covers essential aspects of understanding pain such as related pain physiology, also covering the commonly referenced and useful gate control theory. The author also clarifies terminology and helps the reader to differentiate between types of pain.

The book also provides an excellent introduction to mindfulness for acute and chronic pain, something that is now widely used in pain management.

The text considers the power of the mind, the burden of suffering and self-compassion but also the physical side and the importance of movement, which reflects national trends in treatment.

Self-management is a widely promoted strategy, and this is reflected in the book. This helps the reader to understand the fundamentals of pain within the recognised biopsychosocial model. Audio downloads are available from the author’s website.

Although the main audience will be people with long-term pain, the book could offer a useful insight and update for all nurses working with patients with long-term pain and painful conditions. It also covers other issues, such as well-being, and would be a good resource for patients as well as nurses in this field.

Nursing students would find this book helpful as it offers a holistic introduction to long-term pain and mindfulness, and on how to manage pain using a holistic biopsychosocial approach.


Reviewed by Mandy Ridley, lead clinical nurse specialist, pain management service, Queen Elizabeth Hospital, Gateshead, Tyne & Wear