



"Like the butterfly, I have the strength and hope to believe, in time I will emerge from my cocoon transformed."
 ~ Kirsti A. Dyer



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Chronic Pain – Chronic Illness	Format	Call Number	ISBN	Author
Big Tree is Sick: A Story to Help Children Cope with the Serious Illness of a Loved One	Book	J P SLO	9781785922268	Slosse, Nathalie
How to Live Well with Chronic Pain & Illness	Book	616.044 BER	9781614292487	Bernhard, Toni
How to Live Well with Chronic Pain & Illness	EBOOK-E	E-BOOK	9781614292630	Bernhard, Toni
Leaves Falling Gently: Living Fully with Serious and Life-limiting Illness	Book	616.029 BAU	9781572249998	Bauer-Wu, Susan
Leaves Falling Gently: Living Fully with Serious and Life-limiting Illness	EBOOK-E	E-BOOK	9781608825547	Bauer-Wu, Susan
Living a Healthy Life with Chronic Pain	Book	616.0472 LEF (2)	9781936693771	LeFort, Sandra
Living a Healthy Life with Chronic Pain	EBOOK-E	E-BOOK	9781936693887	LeFort, Sandra
Living with the Enemy: Coping with the Stress of Chronic Illness	Book	155.916 OWE	9780415521208	Owen, Ray
You Are Not Your Pain: Using Mindfulness to Relieve Pain	AUDE-OD	DIGITAL AUDIOBOOK	9781427262998	Burch & Penman
You Are Not Your Pain: Using Mindfulness to Relieve Pain	Book	616.0472 BUR (2)	9781250052674	Burch & Penman
You Don't Look Sick: Living Well with Invisible Chronic Illness	EBOOK-E	E-BOOK	9781617051388	Selak & Overman
You Don't Look Sick: Living Well with Invisible Chronic Illness	Book	616.044 SEL	9781936303427	Selak & Overman