

Welcome to the Morialta Uniting Church Community Library

Dear Readers

I was in the ABC Book Shop looking at books to buy for the Library, when I came across a book called ***Manage Your Pain: Practical & Positive Ways of Adapting to Chronic Pain*** by Dr. Michael Nicholas, Dr. Allan Molloy, Lois Tonkin and Lee Beeston.

Thumbing through the pages I became interested, because it was talking about all types of pain, both physical and emotional, and I thought that this was information that would be good to know, even before you experienced chronic pain, so that you might know how to handle it.

Knowing that **Ervine McCormack** needed to manage chronic pain after breaking his back in a car accident, I asked him if he would mind doing a book review for Vision. He agreed.



'I have been a chronic pain sufferer for several years through a broken back injury. Over this time I have used most of the ADAPT techniques'

Here is what Ervine had to say:

"This book describes a technique called ADAPT, giving insight into how to manage chronic pain. Chronic pain with seemingly good scientific support does not always help everyone. If you want change from chronic pain you must manage your strategies and methods as well as your medication, and this involves reducing your medication, if at all possible. (Consult your physician to confirm this)

This book deals with pain management strategies to *prevent* excessive suffering and disability. Questions are posed like –

"Is pain all in the mind?" "No".

"Is the solution simply mind over matter?"

"Perhaps meditating over that might help".

The ADAPT technique will help you develop a strategy that will require willpower, determination, honesty and a need for listening, thinking and trying, and never giving up.

ADAPT strategies will enable the patient, through a pathway, to explore and challenge their feelings and thoughts, **preparing** them mentally and physically to manage the pain.

This new experience will give them choices. This is a program which will **improve** mind, balance, co-ordination and strength in muscle and flexibility of movement.

ADAPT technique **enables** a patient to realistic thinking, balanced and getting things in perspective, giving confidence in future and improved pain management.

I have been a chronic pain sufferer for several years through a broken back injury. Over this time I have used most of the ADAPT techniques and found the program a great help in management of pain.

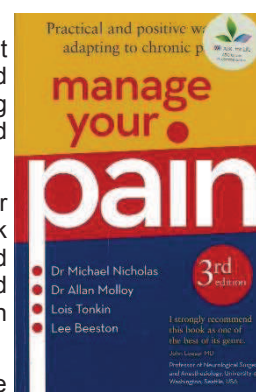
The only added strategies I used were my Christian faith to believe that I could manage such a program, walking poles to help me walk and regain my balance again, and a hydrotherapy program.

I can now manage my pain with some success and have reduced my medication by half.

I would sincerely recommend this book as worth reading."

Ervine McCormack

Thank you, Ervine, for sharing your journey with us. *Lorraine*



HELPFUL BOOKS WHICH DEAL WITH LOSS OF A LOVED ONE OR HELPING SOMEONE ELSE THROUGH LOSS:

Living with Loss by Liz McNeill Taylor

The Other Side of Chaos by Margaret Silf

Dream New Dreams by Jal Pausch

If there's anything I can do... by Caroline Doughty

The Grief Recovery Handbook by John W. James and Russell Friedman

First Steps Through Bereavement by Sue Mayfield

OTHER BOOK REVIEWS

may be accessed by logging on to www.morialta.org.au or on the noticeboards in the Library or Library foyer.

Books reviewed this month:

All that I am by Anna Funder

In His Strength by Noriko Dethfels

False Impression by Jeffrey Archer

The Importance of Being Seven by Alexander McCall Smith

Bertie Plays the Blues by Alexander McCall Smith