Some Trusted Resources: Books


Some Trusted Resources: Video

- *Understanding chronic pain in less than 5 minutes, and what to do about it*  
  [https://www.youtube.com/watch?v=C_3phB93rVl](https://www.youtube.com/watch?v=C_3phB93rVl)

- *Low Back Pain*, written and narrated by Dr. Mike Evans  
  [https://www.youtube.com/watch?v=BOjTegn9RuY](https://www.youtube.com/watch?v=BOjTegn9RuY)

- *Meditation 101: A beginner’s guide animation*, narrated by Dan Harris  
  [https://www.youtube.com/watch?v=rqoxYKtEWEc](https://www.youtube.com/watch?v=rqoxYKtEWEc)

- *Why mindfulness is a superpower*, narrated by Dan Harris.  
  [https://www.youtube.com/watch?v=w6To2g5hnT4](https://www.youtube.com/watch?v=w6To2g5hnT4)
Acceptance- Research Summary


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