

# Effects of Pain on the Whole Person: “I’m more than this illness!”

## Helpful Resources

Benson, Herbert. *The Relaxation Response*. New York: Avon Books, Inc., 1975.

Broyard, A. *Intoxicated by My Illness*. New York: Fawcett Columbine, 1992.

FICA – An acronym for a spiritual assessment tool available from George Washington Institute for Spirituality & Health at [www.gwish.org](http://www.gwish.org)

Frankl, V. *Man’s Search for Meaning*. Boston: Beacon Press, 1959.

Jevene, R. & Miller, J. *Finding Hope: Ways to See Life in a Brighter Light*. Fort Wayne, IN: Willowgreen, 1999.

Minarik, P. *Culture and Nursing Care: A Pocket Guide*. UCSF Nursing Press, 1998.

Spector, R. *Cultural Diversity in Health and Illness*. Appleton & Lange, 1996.

Twycross, R. *Introducing Palliative Care*. Oxford: Radcliffe Press, 2002.

[www.ethnomed.org](http://www.ethnomed.org) – provides information on cultural, religious beliefs and medical issues