

**Book Review**

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**Title:** Painful Yarns

**Author:** Moseley GL

**Available at:** OPTP, Minneapolis, MN Phone: 800-367-7393 Web: [www.optp.com](http://www.optp.com)

**ISBN:** 978-0-9799880-0-4

**Reviewer:** Peter Huijbregts, PT, DPT, OCS, FAAOMPT, FCAMT

This truly is a unique book and one that I read in one sitting, not something I can say of most books in my library on the biology of pain. The book consists of 11 stories-perhaps better described at times as tall tales-that are not only hilarious but in the end manage to convey a valuable insight with regard to pain biology such as the protective role of pain, the complex nature of pain perception, adaptive processes due to pain, central sensitization, and the role of interpersonal dynamics in pain management. References and a suggested reading list complete the book.

With the author, I find that story telling is a powerful tool when helping patients with especially chronic pain complaints. Not opposed myself to embellishing my stories here and there I gladly acknowledge having met my master in the craft of story telling in this author. I would recommend this book to my patients but also suggest therapists should read it purely for enjoyment simply to see the lighter side of what can be a difficult part of clinical practice. With the author inviting contributions for future editions this is a work in progress and I look forward to seeing where it leads.