

## Suggested Readings

1. Cohen SP, Vase L, Hooten WM: Chronic pain: an update on burden, best practices, and new advances. *The Lancet*. 2021;397(10289):2082-2097.
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8. Sharpe L, Jones E, Ashton-James CE, et al.: Necessary components of psychological treatment in pain management programs: A Delphi study. *Eur J Pain*. 2020;24(6):1160-1168.
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15. Liu GQ HJ, Song WJ, Wang Y. : Research progress of yoga in symptom management of cancer patients. *TMR Non-Drug Ther*. 2022;5(2):10.

16. Publishing HH: The importance of stretching. 2022.
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18. Vambheim SM, Kyllö TM, Hegland S, et al.: Relaxation techniques as an intervention for chronic pain: A systematic review of randomized controlled trials. *Heliyon*. 2021;7(8):e07837.
19. Schaffer SD, Yucha CB: Relaxation & pain management: the relaxation response can play a role in managing chronic and acute pain. *Am J Nurs*. 2004;104(8):75-76, 78-79, 81-72.
20. Hopper SI, Murray SL, Ferrara LR, et al.: Effectiveness of diaphragmatic breathing for reducing physiological and psychological stress in adults: a quantitative systematic review. *JBI Database System Rev Implement Rep*. 2019;17(9):1855-1876.
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39. Poletti S, Razzini G, Ferrari R, et al.: Mindfulness-Based stress reduction in early palliative care for people with metastatic cancer: A mixed-method study. *Complement Ther Med.* 2019;47:102218.
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