

Information & Inspiration for Living with Pain

Pain Pathways

OVER-THE-COUNTER MEDICATIONS

Do they *really*
help manage pain?

A **new look** AT
CANCER pain

healing *from the*
inside out

FIBROMYALGIA

safe!

A PRO PITCHER'S
MARRIAGE RALLIES
TO HELP HIM OVERCOME
PAIN & DEPRESSION

Out Comes the Sun

MARIEL HEMINGWAY

HER BOOK ON THE TRUTH
& RESPONSIBILITY OF PAIN

\$5.95US



0 74470 24923 8

SPRING 2015

Official Magazine
of the World
Institute of Pain

Subscribe
FOR HOME OR OFFICE
painpathways.org





Cindy Coney was diagnosed with lupus in 1980, but that hasn't stopped her from living an active and exciting life. Cindy has driven a racecar 124 miles per hour, competed in the Chicago Marathon, was the keynote speaker at the World Lupus Congress and has shared her empowering story from Belize to Baltimore.

Coney pioneered educational work in health and prevention that continues to impact students nationwide. Her sense of humor and skill at encouraging resilience have been an inspiration to thousands of people wanting to move beyond coping with limitations to recapturing joy and fulfillment in their lives.

As a resiliency speaker, patient advisor and pain advocate, Coney demonstrates how to cope with limitations and recapture the joy and fulfillment of life. To learn more about Cindy Coney and read her unique take on living with pain, visit www.cindyconey.com.

“I love to *laugh, smile* and find *the joy in life* that tries to *hide behind* my lupus. Believe that *good things* will happen, then set out to find them. *My body* may be sick, but *my spirit is alive* and well.”

