



<https://www.flippinpain-formula.co.uk/>

Persistent pain is **COMMON** and can affect anyone

Hurt does not always mean **HARM**

EVERYTHING matters when it comes to pain

MEDICINES and surgeries are often not the answer

UNDERSTANDING your pain can be key

RECOVERY is possible

Welcome to the Flippin Pain Formula

Persistent pain can flip your world upside down, affecting every aspect of your life. But recovery is possible, and we're here to help!

What if we told you that changing your understanding of pain can help you regain control and change how you experience it? It sounds incredible but science - and my personal experience - has shown that it's true.

The Flippin' Pain Formula includes easy-to-watch animations, podcasts, infographics, and quizzes developed by researchers, clinicians and people with lived experience that will help change the way you think about pain.

Explore these resources at your own pace and develop the knowledge and skills that can help you take back control of your pain experience.