

## **Meet Penney Cowan**

**Penney Cowan:** Hello my name is Penney Cowan. I'm the founder of the American Chronic Pain Association. Years ago I relinquished my life to chronic pain. I understand the devastation, the isolation, the control that pain has over your life. I understand also that pain is not the only issue involved; there are many components in chronic pain. The American Pain Association is a self-help group for people with chronic pain. We have designed our *Ten Steps from Patient to Person* to help you become an active participant in the ongoing recovery process. What you need to understand is that it is possible to live with chronic pain, to improve the quality of your life and reduce your sense of suffering and know that the ACPA will be with you every step of the way.