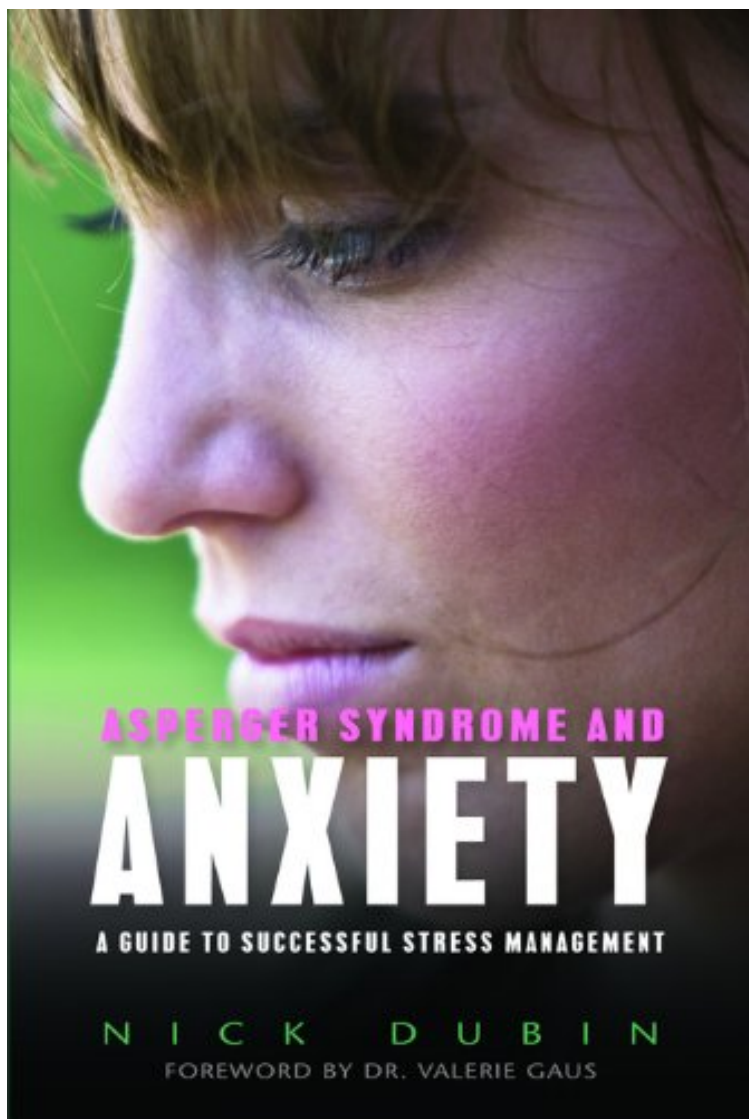


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Asperger Syndrome and Anxiety: A Guide to Successful Stress Management



Par Nick Dubin

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(Library ebook) Asperger Syndrome and Anxiety: A Guide to Successful Stress Management

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Description :

Prsentation de l'diteurMany people suffer from feelings of stress and anxiety in their everyday lives. For people with Asperger Syndrome (AS), this stress can be particularly difficult to manage. On a daily basis people with AS must fit into a world that seems totally foreign to them and this can increase feelings of alienation and anxiety, making life's challenges especially hard to cope with.The first book on anxiety written specifically for adults with Asperger Syndrome, this book offers practical advice on how individuals with AS can manage their anxiety more effectively. As a person with AS who has struggled with feelings of anxiety and learnt how to overcome them, Nick Dubin shares his own tried and tested solutions along with

up-to-date research on stress management for individuals with AS, including a chapter on Cognitive Behavioural Therapy (CBT). Dubin explores the key problem areas that can lead to anxiety for people with AS such as lack of social skills, difficulties establishing romantic relationships and uncertainty about employment. Asperger Syndrome and Anxiety provides real solutions to a common problem and is essential reading for anyone with AS who has trouble managing stress. The book will also be of interest to family members, teachers and other professionals working with individuals with AS.

Revue de presse A remarkable and keenly insightful work from a brilliant and emerging leader in the autism self-advocacy community. -- William Stillman, author of *Autism and the God Connection* and *Demystifying the Autistic Experience*

Nick Dubin is still in his early 30s. But by the time he reaches 50, he may very well have written a book on every psychological byproduct of life lived in the behavioral minority. 'Asperger's and Anxiety' is another great contribution towards our understanding all that the autism spectrum presents us. -- Michael John Carley, Executive Director of The Global and Regional Asperger Syndrome Partnership (GRASP) and author of *Asperger's From the Inside Out*

As with the last book, this invaluable resource is chock full of practical solutions for identifying, reckoning with, and resolving the many sources of anxiety plaguing people with Asperger Syndrome. As a stalwart, trusty guide, Nick brings us to greater understanding of ourselves and towards being a better human being. A must read for anyone with Asperger Syndrome and High Functioning Autism or persons supporting those on the autism spectrum. -- Stephen M. Shore, Professor of Special Education, Adelphi University and co-author of *Choosing Home: Deciding to Homeschool with Asperger's Syndrome*

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