



How to Be Yourself in a World That's Different: An Asperger's Syndrome Study Guide for Adolescents

Yuko Yoshida

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"How to Be Yourself in a World That's Different" is an accessible guide to Asperger's Syndrome (AS) written for young readers who have been diagnosed with AS and other autism spectrum conditions. The book features a clear explanation of the condition, including symptoms that are common to people on the autism spectrum, such as a hypersensitivity to touch and difficulties with balance and coordination. The characteristics and symptoms of other syndromes that often coincide with AS are also discussed, for example AD/HD, learning disorders, and tics, as well as the temporary states of mental dysfunction that people with AS tend to be predisposed to, including depression, anxiety, obsessive and compulsive behaviors, and catatonia. This informative and encouraging text highlights the positive aspects of autism spectrum conditions, such as diligence, fairness, and a knack for unique ideas, but it also acknowledges the daily challenges faced by young people with AS and, crucially, offers strategies for dealing with these. Using case examples, Yoshida explores the difficulties of disclosing a diagnosis, takes readers through the stages of practicing key social skills, and offers advice on seeking support.

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Ana Lopez:

Spent a free time to be fun activity to do! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Might be reading a book might be option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the e-book untitled How to Be Yourself in a World That's Different: An Asperger's Syndrome Study Guide for Adolescents can be excellent book to read. May be it might be best activity to you.

Daria Gertz:

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