

Living Well on the Spectrum

How to **Use Your Strengths** to Meet
the Challenges of Asperger Syndrome/
High-Functioning Autism

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Living Well on the Spectrum: How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning Autism



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*Learn the unspoken tips of social situations. Mental health professionals, see also the author' It is possible to download and print extra copies of the worksheets for repeated make use of. But by understanding the specific ways the human brain works differently--and how exactly to tap into your personal strengths--you can greatly enhance your well-being. In this smart and practical reserve, experienced therapist Valerie L. Gaus helps you identify goals that may make your life better and take concrete steps to attain them. Grounded in emotional science, the methods in this book assist you to: Navigating the ".*Improve your communication abilities.*Get organized at home and at work.A wealth of stories, questionnaires, worksheets, and concrete good examples support you in finding personalized solutions to problems it's likely you'll encounter.*Strengthen your relationships with friends and family. Finally, a compassionate, educated, positive guideline to living well on the spectrum. *Manage anxiety and depression. world with Asperger syndrome or high-working autism (AS/HFA) can be hugely stressful. Of special note, the Introduction was up to date in 2017 with the most recent information on how autism spectrum disorder is described in DSM-5.*Live more successfully by yourself or with others.neurotypical"s Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder, Second Edition.



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The best of the greatest! I don't much care for writing testimonials, and for some things I just ordinary don't -- and won't -- bother. For me, something must either actually shine or suck to invest time and idea on a review. Dr. The book has reveal the situation and I no more feel confused or susceptible to specialists. Period. The steps provided can be a bit cumbersome, and I don't expect everyone to physically jot down these steps and follow though each and every time. It does not support "Enhanced Typesetting" I found this out only when i bought it. Reading concerning this condition from an educational standpoint may be illuminating, but Dr. I will not promise wonders though. I just got it for my stage son who I'm not sure will browse it.. To my surprise this was for a big part a 'work book' with exercices to understand strenghts and weaknesses due to spectrum circumstances. Gaus seems not merely to understand me, but she has the amazing gift to be able to explain myself _TO_ me . Gaus's books will be the absolute best of the lot, hands down. You've helped me a lot more than I can say. and I seem to be actually getting it! That is such an excellent book, without it I'd still be at night about what precisely the difficulties were.. It's been very useful and we highly recommend it. Living Good on the Spectrum is an outstanding book.. People on the spectrum often suffer from poor corporation and prioritization skills I got this specifically for the next half of the publication, life organization skills. I have read the majority of the literature designed for adult AS/HFA and most recently I am reading both of Dr... However, engaging in the practice of these thinking styles, can really help somebody who's on the spectrum deal with the ever-changing environment that is life. Great tool for anyone on the spectrum this workbook was purchased to use for coaching adults with Asperger's syndrome. This book might help address that, and, it also has some solid information about the disorder it's self. THANK YOU FROM THE BOTTOM OF MY HEART FOR THIS BOOK Of all the Autism/Asperger workbooks I have read, this one may be the ABSOLUTE BEST. perfectly created for a person with ASD! I've read a lot of books upon this topic and this is by far my favorite in terms of being tremendously beneficial to people who have ASD and higher range IQ. The instructions were so very clear and specific as to what to perform with your information that I was able to make and use the reminder notes in the manner the writer describes.. The writer then offers you charts to make use of which have so much helpful information and good examples in them. These charts, alone, must have taken the author so much period to make! You hear how stuff "change people's lives" and that phrase is almost usually wishful considering. But this book has recently helped me change the way I do things and I could see the difference in myself. Thank you from the bottom of my heart because of this book! Without much amusement I began to work with the book, and find the fields which in those days were in my oppinion most necessary. I loaded in the exercises for making adjustments in myself, hoping, however, not letting my anticipations get too high. The book starts with lots of examples, recommendations, and queries to begin with thinking about problem areas in terms of variations and potential solutions. After that it describes at length thinking, social, psychological, and sensory/movement distinctions between ASD and neurotypical brains. The second half presents various strategies for adaptive behavior at home, at the job, at school, locally, building friendships, dating/sex/marriage, and personal health. The countless worksheets and checklists help out with remembering difficult times or areas of life and in addition serve as good conversation starters. Highly recommended! Complexity within simplicity As mother of an adolescent "living in the spectrum". I was disappointed that the book seemed so simplistic. Nevertheless, re-reading the reserve I gained huge insight and understanding, specifically with regard to emotional and executive functioning and control. I have read other books on this subject matter, but they didn't explain, nor provide strategies that I sensed would be of make use of to the situation in your household. :) If you're a grown-up Aspie, or are related to one, or have one as an acquaintance or friend, Dr. Gaus can be outstandingly amazing. I now know very well what the problem is and the publication provides great insights into how to work to maximise strengths and minimise weaknesses. Great Book I like the book. For my hubby My hubby can be an Aspi living very well about the spectrum! :) He will great trying to help himself and when I found this book, I knew he would like it. He did

state that it had been great to learn and understand himself a bit more though. We purchased the therapists book first, by mistake. He is a well-functioning Aspi, barely anyone notices anything different about him, (uncertain if that reality would matter in somebody reading this review on his undertake the publication). People on the spectrum often have problems with poor firm and prioritization skills. Many thanks, Dr. . He really linked to many things that he read within the book, but wasn't sure if he may find things in the book that would help him to improve what he thinks needs changing in himself. That was interesting but not as practical because the workbook. We've contacted the author to observe if we are able to get reprints to use. Just read it Just read it and do the exercises. It lays stuff out in a manner that registers with me and has helped me appear at myself and my daily interactions in a fresh light.... Just getting started, but so far finding it encouraging and helpful to use as a guide with my 20-yr-old son who's an Aspie. Great worksheets This is an excellent book for those who have Autism as well as for people who love someone with Autism. My HFA child loves the worksheets. I would like to thank the author for writing this book so that we know in my own family what we have been dealing with no longer feel afraid or helpless. All my entire life I've had the sensation to be misunderstood, and I'm convinced that's true. great learning. This is the help I've been searching for! 5 year because of this boss I was able to deliver great results, and I'm feeling convenient in . Just starting out, but so far finding it encouraging . You are asked to think about situations that you often encounter from an psychological, intellectual, and several other perspectives. Gaus. I bought the reserve to have more insight on what improvements I could make in my existence becoming on the spectrum. Dr. outstanding book This is a superb book and it is a shame it won't show up in searches due to the fact the title lacks the keywords autism or aspergers. Sometimes this was a bit of a depressing procedee, nonetheless it gave me lots and lots of insight. Actually, I came across the courage directly because of the book to improve my job and to choose for something that matches me about 90%. Without disclosing my condition I was able to convince my (at that time) future boss to take me up to speed. After working 1,5 year for this boss I could deliver good results, and I'm feeling much more comfortable at work then ever before. Gaus's books are far and away the most useful on a practical level, that is exactly what I've been desperately looking for. Simply scanning this book will not be enough to obtain real change; but actually without carrying out the thinking exercices you (and maybe your partner or family members) will obtain insight which will ameliorate yourself. Five Stars Expert advice. So it is almost unreadable without eyestrain despite having reading glasses if you don't have perfect vision. However the e-reader support is indeed bad, Amazon should not sell it this way. Gaus's books. This means you can't adjust the font size. e-Book format does not support adjustable font size - too hard to read for me without eyestrain This is a great book. Amazon shouldn't sell books this way. Super helpful! I like how specific this publication is approximately the cactus difficulties a person with ASD might have. The book is very systematically organized... It is helping me make REAL changes. I really like the comprehensive chart explanations! Thank you for writing this reserve!



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