

A GUIDE TO SUCCESSFUL STRESS MANAGEMENT

N I C K D U B I N
FOREWORD BY DR. VALERIE GAUS

## Nick Dubin

## Asperger Syndrome and Anxiety: A Guide to Successful Stress Management



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The book will also be of curiosity to family members, teachers and other experts working with people with AS. For those who have Asperger Syndrome (AS), this stress can be particularly difficult to control. The first book on anxiety written designed for adults with Asperger Syndrome, this book offers practical advice on how individuals with AS can manage their anxiety more effectively. On a daily basis people with AS must fit into a global that seems totally foreign to them which can increase feelings of alienation and stress, making life's challenges specifically hard to handle. As a person with AS who provides struggled with feelings of panic and learnt how exactly to conquer them, Nick Dubin shares his own tried and tested solutions along with up-to-date research on stress management for folks with AS, including a chapter on Cognitive Behavioural Therapy (CBT). Dubin explores the main element problem areas that can lead to anxiousness for those who have AS such as insufficient social skills, issues establishing romantic human relationships and uncertainty about employment. Asperger Syndrome and Anxiety provides real answers to a common problem and is essential reading for anybody with AS who offers trouble managing tension. Many people have problems with feelings of anxiety and stress in their everyday lives.



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Not a whole lot can change for me except how I feel about things. You will likely solve all the reported formatting issues. Did this reserve help me? The reserve is well-organized and clear to see. I do not need other devices to check with, unfortunately. Four Stars Pretty good Two Stars not so helpful Good, but could possess used editing assistance for identity issues The book is powerful and well written. I'm still only self-diagnosed because adult diagnoses are costly and difficult, however the descriptions jive with my encounters to be socially awkward and clueless throughout early life, despite doing fairly well in schoolwork and eventually landing in a job that is a great match for me personally. All references to relationships explicitly refer to women or wives. To would-be purchasers: for what it's worthy of, it reads okay on the Kindle Paperwhite, and also the iOS, Android, and PC Kindle apps. The Cognitive Behavioral Therapy details can be hugely useful.. It has been life-changing for me, though your mileage can vary greatly. The writing style is informative without having to be too academic (although if you're concerned about that, I always recommend obtaining a sample book from Amazon, first-- but remember that the first chapter IS even more academic than the majority of the book). Another big thing for me personally, was that it helped me frame a few of my past mistakes differently. Instead of kicking and/or hating myself for interpersonal faux pas and additional bad (often, much more serious) decisions, it's a little easier to acknowledge that my brain wasn't wired quite exactly like everyone else's. This information is stuff I wish I'd known when I was younger, but one may have trouble getting their HFA child to read this book, unless you can help him to comprehend why it must be high on his priority list (I say "him" because, as another reviewer noted, the info is heavily directed toward males, despite the lady on the cover.) With that said, a lot of the principles in this reserve are better to grasp following a certain level of life experience, therefore there could be better books for more youthful folks with HFA or HFA-like behavior. Also well worth noting is that the intended target audience for this book appears to be adults, and not children. After reading this book I can right now better understand and identify sources of anxiety for my partner who has Asperger Syndrome. Many thanks so much. very helpful. I have Aspergers and I have never read anywhere a conclusion such as this one. It's super easy to read and understand for me. I recommend this book for anyone on spectrum, or who is in touch with anyone on Spectrum. It's awesome! It's has been very gratifying to learn a lot of my errors in life was due to my brain programming and not through my options.. But this is very helpful for those of us who struggle with AS. As someone with Asperger's Syndrome, I have struggled with .This review addresses content AND formatting worries Take note to publisher: please transformation the body text message in the CSS from crimson (#FF0000) to dark (#000000). Well done book on Anxiety via Asperger's THis book is just a little unique of what I had hoped for but I still enjoy it. I do have problems with anxiety about a lot of things and this publication will help me see what's important and what I can discard. I am trying to find out as very much as I can sinc I am recently diagnosed well into my mature years.. It's essentially about anxiety, way more than a thorough examination of Asperger's. As someone with Asperger's Syndrome, I've struggled with anxiety and panic attacks. This publication is very useful in understanding the bond between Asperger's and nervousness. I can relate to the writer in many methods. The author talks about his struggles with panic and how to cope with it. It Helped This book helped me so much with my anxiety and stress. I recommend this to any Aspie who calls for things to heart, and has problems with depression, fear, anxiety and stress administration. It validated my feelings and made me feel much better about myself and my issues. With all that said, I definitely suggest it for adults of any gender who either are diagnosed "Aspies", or might even simply wonder whether their life encounter fits the diagnosis. I am managing things much better right now. This

detracts from the universality of Dubin's subject material and, frankly, means his editor wasn't performing their work. Parents of HFA children may find a few of the content helpful. In particular, I came across the section on cognitive-behavioral therapy very helpful. For example, cognitive distortions (all or nothing thinking-I'm a perfect chef or a lousy chef, but no middle floor) were useful examples. It contains extremely valuable information, pertinent to those folks on the spectrum. I can vouch that you could safely ignore the "Formatting" warning if you're trying to learn it on these specific devices. The author has a first person view of the challenges of AS and it creates the book even more insightful as a result. It's a shame as the remaining book is fantastic. Greatest book I've continue reading the subject; I've Aspergers and I've never read anywhere an explanation like this one This is an unbelievable book! My only complaint is the book really does not have any . It has assisted me in identifying and "re-framing" many panic triggers.. My only complaint may be the book really doesn't have any ideas or stuff a person living with or knows some people that have Asperger. Five Stars It is helpful. Five Stars Anxiety problems accompany other things we deal with seeing that parents and teachers. A reserve to talk about. As far as the content: it's an enlightening consider the anxiety problems inherent in so many Asperger Syndrome individuals (note that as of 2013, in the DSM-5, it's labeled Autism Level 1 in the vast medical diagnosis of Autism Spectrum Disorder [ASD], and frequently referred to as Large Functioning Autism [HFA]). I also liked just how he addressed misinterpreting truth and showed types of a better way to look at facts. As anyone who has experienced high, high levels of stress and anxiety all my existence—and is focused on working on it—this is an invaluable resources. So why the four superstars? Dubin's identity sometimes gets in the way of reaching his larger audience, and this is particularly evident in the romantic relationships chapter. He assumes his reader is like him: male, heterosexual, cis-gender, probably university educated. I was also as well clumsy for sports (despite being 6'4", I was horrible at basketball), even though there's little details in the publication, apraxia (worth Googling unless you know about it or its connection to ASD) isn't uncommon in HFA individuals. Enlightening. Excellent resource for ANYONE with anxiety Great insight into Asperger's in addition to a valuable resource for anyone (neurotypical or otherwise) who is trying to cope with anxiety. Put simply, go through it with a grain of salt—or two.



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