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MEDITATION FOR ASPIES

EVERYDAY TECHNIQUES TO HELP
PEOPLE WITH ASPERGER SYNDROME
TAKE CONTROL AND IMPROVE THEIR LIVES



Ulrike Domenika Bolls

Meditation for Aspies: Everyday Techniques to Help People with Asperger Syndrome Take Control and Improve their Lives



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Meditation is an effective, life-long practice that will help people who have Asperger Syndrome to steer their own life course and improve wellbeing. This book discusses why common Aspie personality traits such as commitment and introversion make people who have Asperger Syndrome particularly suitable to practicing meditation and offers guidance on deciding on the best type of meditation to suit each individual's desires. With useful advice on how to begin, where to meditate, what to wear, plus much more, the publication implies that meditation could be a effective everyday technique for personal development and self-discovery. This useful information provides Aspies with a apparent explanation of how to reap the advantages of welcoming meditation methods into their lives. Furthermore to its great worth as a relaxation technique, meditation can positively influence emotions, curb anxiety and meltdowns, and promote self-esteem and self-awareness.



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Us w/Asperger's pre-internet dating this found many coping mechanisms defined within; He liked it a whole lot and discovered it helpful. Additionally, the copy I received was used "good" condition-- but there have been nasty sauce-like fingerprint stains throughout-- fairly distracting and repulsive. this book encompasses those and even more! Good Beginner Guide I bought this for my boy to learn and use for circumstances with high anxiety. Aspie companion. Needed source for Aspies. Not ideal for me, but could certainly be ideal for some I can understand the worthiness of meditation, but this publication was just a little repetitive for my taste (although it is explained that it is meant to be read as a resource/pick out and choose topics, not a cover-to-cover read). Individually, I didn't get much out of this book. I'm going to go through it next to utilize it since it does seem to be a nice, easy instruction for beginners (neurotypical or on the spectrum) to learn meditation techniques. This may have influenced my insufficient appreciation for the content.



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