

From Anxiety to Meltdown



How Individuals on the
Autism Spectrum
Deal with Anxiety,
Experience Meltdowns,
Manifest Tantrums,
and How You Can
Intervene Effectively

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Deborah Lipsky

From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively



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Drawing on her behalf own extensive personal experience and using real-life examples to explain how autistic people think, the author distinguishes between meltdowns and tantrums, showing how they are different, how each will start, and most significantly, how exactly to identify triggers and prevent outbursts from happening in the first place. Deborah Lipsky requires a practical look at what happens when things spiral out of control, exploring what leads to meltdowns and tantrums, and what can be achieved to help. Anxiety is the root cause of many of the down sides experienced by people on the autism spectrum, and is often caused by things like a change in regimen, or sensory overload. This book will be an essential read for those on the autism spectrum, their families and friends, specialists dealing with them, and anybody else with an intention in autism spectrum conditions. Practical and simple solutions to avoiding anxiety are offered throughout, and these are accompanied by calming techniques and ideas for coping with tantrums if they occur.



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This book is fantastic. Not on how best to "cure" her, but how to better understand her and communicate with her in a manner that would lessen her anxiety. I have already been reading and researching for 4years now. Just what a great book to help understand autistic thinking! It really is compiled by an autistic. What better method to know and understand the autistic mind. While everyone provides there own personality the characteristics she describes are spot on. Five Stars usefull information Instruction manual! Wonderful instructions for helping myself among others understand and respond appropriately to my HFA child's meltdowns. Turns the conversations from meltdowns being no more than intense defiance to response to dread. Straightforward book on Autism This is an excellent book that specializes in the behavioral responses of people who are on the Autism Spectrum Disorder. It is still a great and easy go through for both parents and grown children Where was this reserve when my child was developing up! And written so intelligently. Excellent . This book has helped me immensely. Nothing beats hearing it from one who truly knows. It really is still an excellent and easy browse for both parents and grown kids. clarity Very useful book and should be compulsory if you are associated with teaching, partnering or parenting someone in the spectrum. So helpful for working with institutions to encourage understanding.Very informative My daughter was diagnosed with Aspergers(before being replaced) at age four. It certainly helps me with relaxing This book is fantastic. It really helps me with soothing. I discover the strategies are understandable as is the whole reserve. I would recommend it to anyone. Distinguishing Among Meltdown and Tantrum I liked the insights the writer provides. It gave me some wish and many helpful guidelines on how to avoid stress and thus avoid unneeded meltdowns for my grandson. It has helped me understand why my girl does what she does.



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