



ASPERGER SYNDROME AND

ANXIETY

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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Many people suffer from feelings of stress and anxiety within their everyday lives. As a person with AS who provides struggled with feelings of nervousness and learnt how to overcome them, Nick Dubin shares his own tried and tested solutions alongside up-to-date research on tension management for individuals with AS, including a chapter on Cognitive Behavioural Therapy (CBT). Every day people with AS must fit into a world that seems totally international to them and this can increase feelings of alienation and anxiety, making life's challenges specifically hard to cope with. The first book on anxiety written specifically for adults with Asperger Syndrome, this book offers practical advice on what individuals with AS can manage their anxiety better. For people with Asperger Syndrome (AS), this stress can be particularly difficult to control. Dubin explores the key problem areas that may lead to anxiety for people with AS such as lack of social skills, problems establishing romantic relationships and uncertainty about employment. The book will also be of curiosity to family members, teachers and other specialists working with individuals with AS. Asperger Syndrome and Anxiety provides real answers to a universal problem and is essential reading for anyone with AS who has trouble managing stress.



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Did this reserve help me? The writer talks about his struggles with stress and anxiety and how to cope with it. I do not need other devices to test with, regrettably. He assumes his reader is similar to him: male, heterosexual, cis-gender, probably university educated. To would-be purchasers: for what it's worthy of, it reads fine on the Kindle Paperwhite, along with the iOS, Android, and Personal computer Kindle apps. As far as this content: it's an enlightening look at the anxiety problems inherent in therefore many Asperger Syndrome individuals (note that as of 2013, in the DSM-5, it's labeled Autism Level 1 in the vast analysis of Autism Spectrum Disorder [ASD], and frequently referred to as High Functioning Autism [HFA]). I'm still only self-diagnosed because adult diagnoses are costly and difficult, but the descriptions jive with my encounters of being socially awkward and clueless throughout early life, despite doing fairly well in schoolwork and eventually landing in employment that is clearly a great match for me personally. I was also too clumsy for sports (despite being 6'4", I was awful at basketball), and while there's little information in the publication, apraxia (worth Googling unless you know about it or its connection to ASD) is not uncommon in HFA sufferers. This review addresses content AND formatting worries Note to publisher: please modification the body text message in the CSS from red (#FF0000) to dark (#000000). The Cognitive Behavioral Therapy info can be extremely useful. It offers assisted me in determining and "re-framing" many anxiousness triggers. It has been life-changing for me personally, though your mileage may vary. The writing style is informative without being too academic (although if you're concerned about that, I always recommend obtaining a sample book from Amazon, first-- but be aware that the first chapter IS more academic than the majority of the book). Another big thing for me, was that it helped me body a few of my past errors differently. Instead of kicking and/or hating myself for cultural faux pas and various other bad (often, more serious) decisions, it's just a little easier to accept that my brain wasn't wired quite the same as everyone else's. These details is stuff I wish I'd known when I was younger, but one might have a hard time getting their HFA child to read this book, if you don't can help him to comprehend why it should be high on his priority list (I say "him" because, as another reviewer noted, the information is heavily directed toward men, regardless of the lady on the cover. It contains extremely valuable information, pertinent to those folks on the spectrum. Also well worth noting is certainly that the intended audience for this book seems to be adults, rather than children. I do suffer from anxiety about many things and this book will help me find what's essential and what I could discard. With all that said, I definitely recommend it for adults of any gender who either are diagnosed "Aspies", or might even simply question whether their life experience fits the diagnosis. I have Aspergers and I've never read anywhere a conclusion like this one This is an incredible book! I have Aspergers and I have never read anywhere an explanation such as this one. I am handling things much better right now. It validated my emotions and produced me feel much better about myself and my troubles. As someone with Asperger's Syndrome, I've struggled with anxiety and panic attacks. Well done book on Anxiety via Asperger's This book is just a little different than what I had hoped for but I still enjoy it. It's essentially about anxiety, more so than a thorough examination of Asperger's. But this is helpful for those of us who have a problem with AS. I am searching for as very much as I can sinc I am lately diagnosed well into my mature years. This reserve is very useful in understanding the connection between Asperger's and stress and anxiety. A book to talk about. Parents of HFA kids may find some of the content helpful. As someone with Asperger's Syndrome, I have struggled with ... It's amazing! Not a whole lot can change for me personally except how Personally i think about things. very helpful. You'll likely solve all the reported formatting issues. It Helped This book helped me so much with my anxiety and stress. I recommend this to any Aspie who needs things to center, and has problems with depression, fear, stress and anxiety and stress management. I would recommend this book for

anybody on spectrum, or who's in touch with anyone on Spectrum. Thank you so much. It's a breeze to learn and understand for me personally. Enlightening. Five Stars It is helpful. Specifically, I found the section on cognitive-behavioral therapy very useful. It's a shame because the rest of the book is amazing. I also liked just how he addressed misinterpreting reality and showed examples of a better method to check out facts. The publication is well-organized and clear to see. The author includes a first person look at of the challenges of AS and it makes the book more insightful consequently. Excellent resource for anybody with anxiety Great insight into Asperger's as well as a valuable resource for anyone (neurotypical or elsewhere) who's trying to deal with anxiety. Best reserve I've continue reading the subject; I could relate to the writer in many ways. My only complaint may be the book really doesn't have any ... So why the four stars? After scanning this book I can today better understand and identify resources of anxiety for my partner who has Asperger Syndrome. Five Stars Anxiety problems accompany other things we deal with as parents and teachers. It's has been very gratifying to learn a lot of my mistakes in life was because of my brain programming rather than through my choices. Four Stars Pretty good Two Stars not so helpful Good, but could have used editing guidance for identity issues The book is powerful and well crafted.) With that said, a lot of the concepts in this publication are simpler to grasp following a certain level of life experience, therefore there might be better books for young folks with HFA or HFA-like behavior. As someone who has suffered high, high levels of nervousness all my existence—and is dedicated to working on it—that is an invaluable resources. My only complaint is the book really doesn't have any ideas or issues a person coping with or knows somebody that has Asperger. Dubin's identity sometimes gets in the form of reaching his bigger audience, and this is particularly evident in the interactions chapter. I could vouch that you can safely ignore the "Formatting" warning if you're trying to learn it on these particular products. All references to associations explicitly refer to ladies or wives. This detracts from the universality of Dubin's subject material and, frankly, means his editor wasn't doing their job. For instance, cognitive distortions (all or nothing thinking-I'm an ideal chef or a lousy chef, but no middle floor) were useful examples. In other words, read it with a grain of salt—or two.



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