

Living Well on the Spectrum

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

VALERIE L. GAUS, PhD

Valerie L. Gaus

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Navigating the "neurotypical" globe with Asperger syndrome or high-functioning autism (AS/HFA) can be extremely demanding. But by understanding the specific ways your brain works differently--and how exactly to tap into your individual strengths--you can greatly enhance your well-being.*Improve your communication abilities.*Manage anxiety and major depression. Grounded in psychological technology, the techniques in this book assist you to: A wealth of tales, questionnaires, worksheets, and concrete examples support you in finding personalized answers to problems you are likely to encounter. In this smart and practical publication, experienced therapist Valerie L.*Live more successfully by yourself or with others. Gaus helps you identify goals which will make your life better and take concrete steps to achieve them. It is possible to download and print extra copies of the worksheets for repeated use.*Get organized in the home and at work. *Learn the unspoken rules of social circumstances.*Strengthen your relationships with friends and family. Of special notice, the Introduction was updated in 2017 with the latest here is how autism spectrum disorder can be defined in DSM-5. Finally, a compassionate, educated, positive information to living well on the spectrum. Mental health professionals, see also the writer's Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder, Second Edition.



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The best of the best! I don't much look after writing reviews, and for most things I just ordinary don't -- and won't -- bother. properly written for a person with ASD! I've read other books on this subject, but they did not explain, nor provide strategies that I sensed would be of use to the situation in your household. Gaus is outstandingly brilliant. Period. However the e-reader support is indeed bad, Amazon should not sell it this way. Gaus's books. Reading concerning this condition from an educational standpoint could be illuminating, but Dr. Gaus's books are by far the most helpful on a practical level, that is exactly what I am desperately looking for. This is actually the help I am searching for! All my entire life I've had the sensation to be misunderstood, and I'm convinced that's true. Dr. Gaus appears not only to comprehend me, but she has the amazing gift to be able to describe myself _TO_ me ...The steps provided could be a bit cumbersome, and I don't expect everyone to physically write down these steps and follow though every time. :) If you're a grown-up Aspie, or are related to one, or possess one as an acquaintance or friend, Dr. Gaus's books are the very best of the lot, hands down. Thank you, Dr. I loaded in the exercises to make adjustments in myself, hoping, however, not letting my objectives get too high. However, engaging in the practice of the thinking styles, can really help somebody who's on the spectrum deal with the ever-changing environment which is life. The author then gives you charts to use which have so much helpful information and good examples in them. and I appear to be actually setting it up!. The book is very systematically arranged. You've helped me a lot more than I can say. outstanding book This is a superb book in fact it is a shame it will not show up in searches simply because the title lacks the keywords autism or aspergers. This book might help address that, and, in addition, it has some solid information about the disorder it's self. However, re-reading the reserve I gained huge insight and understanding, especially with regard to psychological and executive functioning and control. It does not support "Enhanced Typesetting" I came across this out only when i got it. Gaus. The guidelines were so very clear and specific as to what to do with your details that I was able to make and utilize the reminder notes in the way the author describes.. People on the spectrum often suffer from poor corporation and prioritization skills I got this specifically for the next half of the reserve, life organization abilities. These charts, alone, will need to have taken the author so much time to make! You hear how factors "change people's lives" and that term is almost always wishful considering. But this book has already helped me change the way I do things and I can see the difference in myself. Thank you from the bottom of my heart for this book! People on the spectrum often have problems with poor company and prioritization abilities. To my shock this is for a big component a 'work publication' with exercises to understand strenghts and weaknesses due to spectrum conditions. The reserve starts with a lot of examples, recommendations, and questions to begin thinking about trouble spots in terms of differences and potential solutions. Super helpful! The next half presents various strategies for adaptive behavior in the home, at work, at school, locally, building friendships, dating/sex/marriage, and personal wellness. The countless worksheets and checklists help out with remembering difficult occasions or areas of life and also serve as good conversation starters. Highly recommended! Complexity within simplicity As mother of an adolescent "living about the spectrum". I was disappointed that the book seemed so simplistic. THANK YOU FROM THE BOTTOM OF MY HEART FOR THIS BOOK Of all Autism/Asperger workbooks I've read, this one may be the ABSOLUTE BEST. Dr. That is such an excellent book, without it I would still be in the dark about what exactly the complications were. The book has reveal the situation and I no longer feel confused or susceptible to professionals. I right now know what the problem is and the publication provides great insights into how to work to maximise strengths and minimise weaknesses. Living Well on the Spectrum is an outstanding book. For my hubby My hubby is an Aspi living very well about the spectrum! great learning. He is a well-functioning Aspi, barely anyone notices anything different about him, (uncertain if that fact would matter in somebody reading this review on his take on the publication). My HFA girl enjoys the worksheets. He did say that it had been great to read and understand himself a bit more though. I like how specific this reserve is approximately the

cactus issues a person with ASD might have. Simply reading this book will not be enough to obtain real change; I really like the detailed chart explanations! We purchased the therapists book initial, by mistake. That was interesting but not as practical because the workbook. I simply got it for my stage son who I'm uncertain will read it. Just read it Just go through it and do the exercises. It lays stuff out in a fashion that registers with me and has helped me look at myself and my daily interactions in a fresh light. Just starting out, but up to now finding it encouraging .. Actually, I found the courage directly because of the book to change my job also to choose for something that fits me about 90%. Just getting started, but so far finding it encouraging and beneficial 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 in addition to for those who love someone with Autism. He really linked to a lot of things that he read in the reserve, but wasn't sure if he could find issues in the reserve that would help him to change what he thinks requirements changing in himself. Great Book I like the reserve.. :) He does great attempting to help himself and when I saw this reserve, I knew he would like it. We've contacted the author to see if we can get reprints to make use of. 5 year because of this boss I could deliver great results, and I'm feeling convenient in . You are asked to think about situations that you frequently encounter from an emotional, intellectual, and several other perspectives.. I want to thank the author for writing this publication so that we know in my family what we are dealing with no longer feel afraid or helpless. I bought the reserve to have significantly more insight on what improvements I possibly could make in my existence becoming on the spectrum. I've read a lot of books on this topic and this is by far my favorite with regards to being tremendously beneficial to people with ASD and higher range IQ. Without much amusement I began to work with the book, and find the fields which at that time were in my own oppinion most necessary. Sometimes this was a tiny depressing procedee, nonetheless it gave me a whole load of insight.. Without disclosing my condition I could convince my (at that time) future boss to take me up to speed. After working 1,5 year because of this boss I was able to deliver great results, and I'm feeling convenient in the workplace after that ever before. I won't promise wonders though. It has been very helpful and we highly recommend it. but also without performing the thinking exercices you (and perhaps your partner or family) will obtain insight that may ameliorate yourself. Five Stars Expert advice. e-Book format will not support adjustable font size - too much to browse for me personally without eyestrain This is an excellent book.I've read the majority of the literature designed for adult AS/HFA and most recently I am reading both of Dr. It really is helping me make REAL changes. This means you can't adjust the font size. So it is nearly unreadable without eyestrain despite having reading glasses if you don't have perfect vision. Amazon should not sell books this way. Then it describes in detail thinking, social, emotional, and sensory/movement variations between ASD and neurotypical brains. Great tool for anyone on the spectrum this workbook was purchased to use for coaching adults with Asperger's syndrome.... For me, something must either actually shine or suck to spend time and idea on a review. . Thank you for writing this reserve!



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