



Autism: What Does It Mean to Me?: A Workbook Explaining Self Awareness and Life Lessons to the Child or Youth with High Functioning Autism or Aspergers

Catherine Faherty

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Autism: What Does It Mean to Me? is an indispensable and transformative tool and lifelong companion for autistic people, their parents and families, and professionals. Written by internationally renowned autism trainer, teacher, and advocate and best-selling author Catherine Faherty, the workbook is engaged by the autistic child or adult to enhance self-understanding and awareness and foster communication with others about needs, preferences, and identity. Most every facet of a person's life is explored -- areas particular to autism and areas every person engages -- among them: ways of thinking, including focused interests, perfection versus doing your best, and the support of schedules; sensory experience, including stimming; creative expression; learning about and interacting with people; writing Social Stories; understanding speech and expressions in others; types of communication, including verbal or nonverbal, self-advocacy, and miscommunication; supportive structures for school and approaching IEPs; friendship, play, and online acquaintances and safety; and emotions, including feeling anxious or upset, depression, and outbursts. The book concludes with an extended section on happiness, including relaxation, exercise, gratitude, forgiveness, kindness, positive attitude, and making the world a better place. Extensive materials designed especially for older readers, as well as for parents, therapists, and teachers, are included. Understanding what's actually true and supporting acceptance and appreciation form the cornerstones of Catherine's approach and the workbook. This new book is completely updated and revised from the original edition with the "Asperger's" title. It adds more than 150 pages of brand new material and worksheets.

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