



The Asperger Teen s Toolkit (Paperback)

By Francis Musgrave

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Dealing with the everyday realities facing teens with Asperger Syndrome, this book presents a toolkit of tried-and-trusted ideas to help them work through difficulties and find the solutions that work best for them. This book covers everything they need to know to thrive in their adolescent years, including how to hack your own internal alarm system to overcome anxiety and other difficult emotions. It also arms teenagers with everything they need to navigate sexuality and relationships, develop a healthy self-image, deal with bullies, be smart with money and stay savvy online. In short, no issue is left unexplored. Fun and informative, this is a must-read for teens with high-functioning autism, and for those who want to understand what adolescence is like on the spectrum.

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