

Download From Anxiety To Meltdown How Individuals On The Autistic Spectrum Deal With Anxiety Experience Melt

From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively (English Edition) Kindle Edition
From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively by Deborah Lipsky (2011-01-05) Taschenbuch – 1713
Practical and simple solutions to avoiding anxiety are offered throughout, and these are accompanied by calming techniques and suggestions for dealing with tantrums when they occur. This book will be an essential read for those on the autism spectrum, their families and friends, professionals working with them, and anybody else with an interest in autism spectrum conditions. Drawing on her extensive personal experience as a high-functioning autistic individual and using real-life examples to explain how autistic people think, the author highlight how meltdowns and tantrums differ from each other and discusses the sources they can stem from... Practical and simple solutions for avoiding anxiety are offered throughout, accompanied by calming techniques and suggestions for ways to deal with tantrums, when they occur.