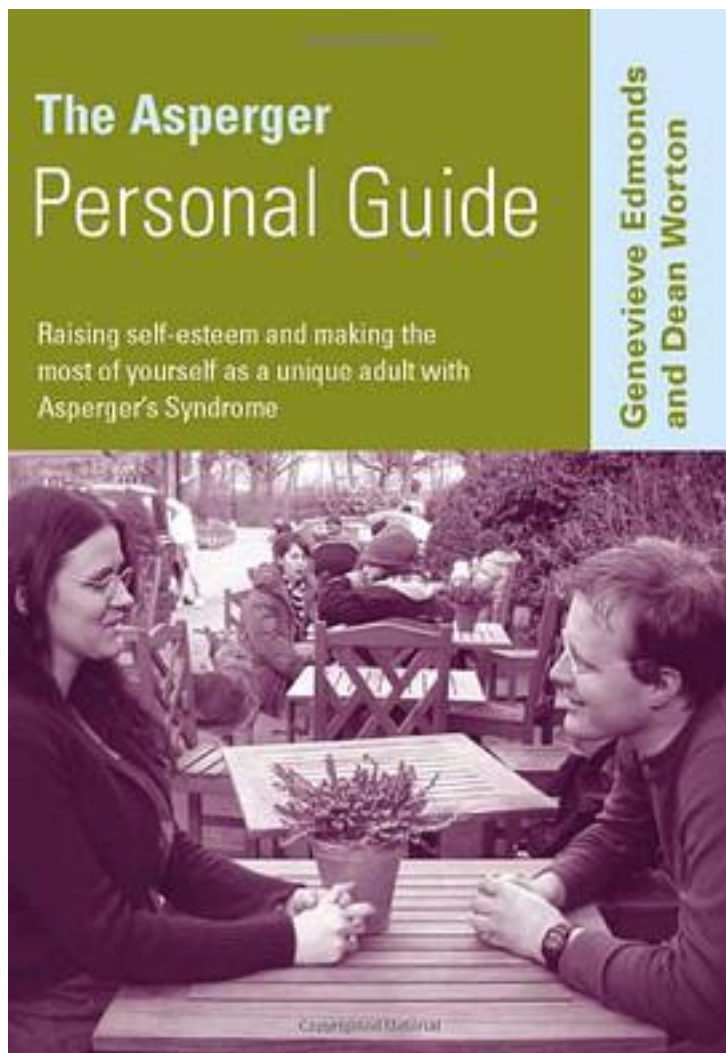


The Asperger Personal Guide



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出版者:Sage Pubns

出版时间:2006-10

装帧:Pap

isbn:9781412922579

Following on from the Asperger Love Guide and Social Guide, this third book in the series of self-help practical life guides aims to cover the personal issues that an adult with Asperger's syndrome faces in a world not designed for people with autism. Written from a male and female perspective of two Asperger's adults it looks at: o the positive aspects of Asperger's syndrome o how these translate into everyday life o whether Asperger's syndrome is in fact a disability o strategies to gain mental and physical health as an adult with Asperger's syndrome. The book aims to help adults gain self-esteem and get the most out of themselves as a unique adult with Asperger's syndrome. These courageous authors have drawn upon their personal experiences to provide an outstanding series of books aimed to support and enhance the quality of life for other Asperger adults.

作者介绍:

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标签

成长

评论

最后的采访部分比较有价值，提供了很多来自AS的建议和看法

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书评
