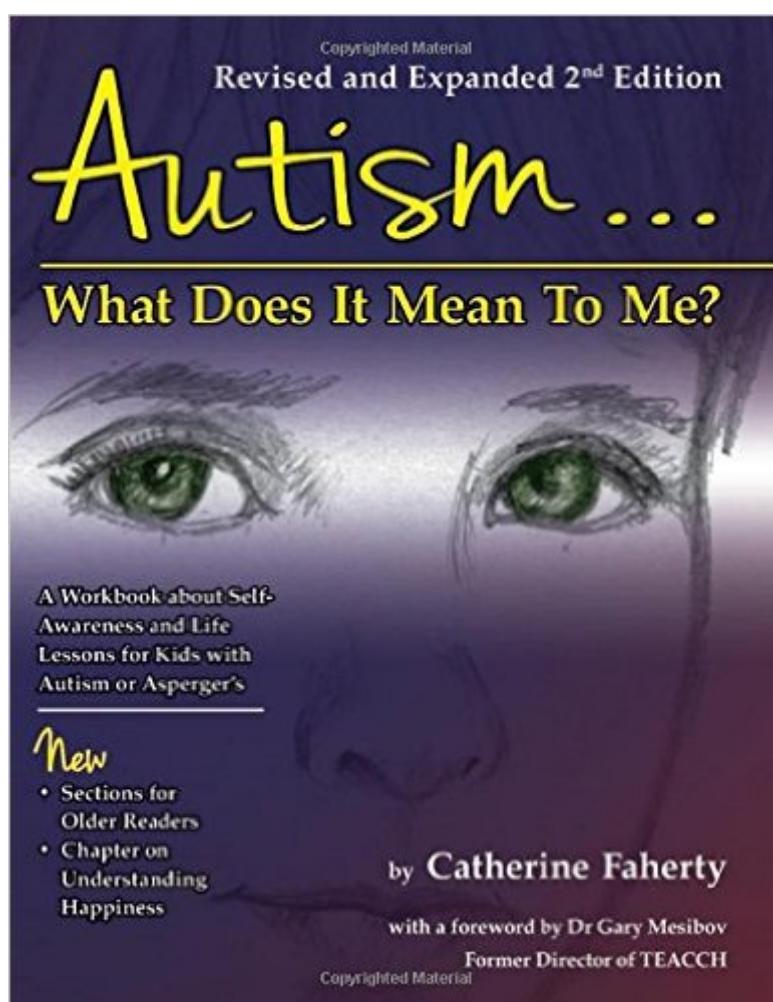


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# Autism: What Does It Mean To Me?: A Workbook Explaining Self Awareness And Life Lessons To The Child Or Youth With High Functioning Autism Or Aspergers



## Synopsis

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.Â WrittenÂ by internationally renowned autism trainer, teacher,Â and advocateÂ 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.Â 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;Â sensory experience, includingÂ stimming;Â 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,Â exercise, gratitude, forgiveness, kindness, positive attitude,Â and making the world a better place. Extensive materials designed especially for older readers, as well as for parents, therapists, and teachers, are included.Â Understanding what's actually true and supporting acceptance andÂ appreciation form the cornerstones of Catherine's approachÂ andÂ the workbook.Â This new book is completely updated and revised from the original edition with the "Asperger's" title. It addsÂ more than 150 pages of brand new material and worksheets.

## Book Information

Paperback: 512 pages

Publisher: Future Horizons; 2 edition (June 15, 2014)

Language: English

ISBN-10: 1935274910

ISBN-13: 978-1935274919

Product Dimensions: 1.2 x 8.5 x 11.2 inches

Shipping Weight: 3.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (23 customer reviews)

Best Sellers Rank: #105,260 in Books (See Top 100 in Books) #19 inÂ Books > Education & Teaching > Schools & Teaching > Special Education > Mentally Disabled #117 inÂ Books > Health, Fitness & Dieting > Children's Health > Autism & Asperger's Syndrome #163 inÂ Books >

## Customer Reviews

This book is AMAZING!!!! I balked at the price - but after getting it, I realize why it costs so much (\$25 when I bought it). It's actually a deal because of all the wonderful information - and it's nearly 500 pages long! I'm working through the book right now with my daughter (it's like a workbook) - and we both love the way it's set-up. I really struggled with explaining everything to my daughter to help her understand her diagnosis - so this helped me in a huge way. It's very interactive, but in a comfortable way. It's really easy to use and guides you through everything. It's the best book about Autism/Asperger's that I've been able to find. Highly recommend!!!!!!

by far the best book ive seen(and had) that is a workbook for autism spectrum. easy to use, yet very insightful and giving the needed aid and understanding that is needed to communicate and understand behaviors, and to express oneself. its really not limited to just parent and child. if an adult on the spectrum, it still helps, and the parent sections will help with coping skills and ways to make each of your days better. also it can be shared with that person who can advocate for you, or the person who is there to help (like a therapist), or you dont have to show it at all to anyone.

I have the other book, *What Does Asperger's Mean To Me*, and have purchased that one about 4 times in my career as a school psychologist spanning 14 years, because it keeps getting stolen. This is an amazing resource for families and students and teachers, and have incredibly helpful handouts to provide that give good instructions and suggestions. I have frequently used these with students in counseling. It would be VERY helpful if the book were reproducible with some of the forms, because it is cost prohibitive to use this as an intervention if you have to buy this huge book for every student, and they may not necessarily need all the modules.

I purchased this book on the recommendation of a friend of mine and it is everything that I expected it to be. I'm always hesitant to purchase books like this because I'm afraid they will not be Autism-positive. Catherine Faherty has done an amazing job of making this book very Autistic friendly and very positive. I especially love that the book is dedicated to the Autistic community! The illustrations at the beginning of each chapter are beautifully done. The book is broken down into chapters covering topics such as school and friends, and has a section for younger kids and older kids. Don't let the price scare you off - this is a book that you and your family can use together for

years! As an Autistic parent of an Autistic child, I think this book should be in every Autism family and professional's library!

With this book tucked under my arm I walked down the hallway of our residential treatment program. A new student sat crying in the hallway while two staff continued to invade her space encouraging her to calm down. I saw the student glance at the book and I asked her if she would like to join me outside and talk about her classes. We walked outside, sat on a rock, and grounded without much talking or stimulation. She asked if I had any resources that could help her learn more about herself. From the first day Catherine's book entered our program, it has been our most valuable resource for students, teachers, therapists, and daily program staff. This book is such a gift to the world and crucial at this time. - Kelli Carmack, Learning Styles Interventionist - Solstice East

I got this book for my 9 year old who has mild autism. So far we love the book as it helps him understand what it means to have autism and explains that it's not something negative. It has more in depth reading for older children/teens as well so that he can look back at it as he gets older.

This is an excellent workbook for families and teachers/therapists to use with individuals of all ages with autism spectrum disorder who have at least some reading comprehension skills. The book includes sensitive descriptions and practical suggestions for helping people with autism understand many aspects of their lives, including the term "autism" itself as well as sensory experiences, school, understanding and communicating with other people, emotions and behavior, and ways to achieve feelings of satisfaction and happiness. The author's experience with, understanding of, and respect for people with autism are obvious, and the breadth and depth of the topics covered are very impressive.

As a mother of a young teenage son with autism, I highly recommend this book to not only parents and family members who have loved ones on the spectrum, but to educators, therapists, physicians and other medical professionals who work with children, teenagers and adults with ASD. When my son was younger, we went page by page through Catherine's first edition of "Asperger's.. What Does It Mean to Me?" We would talk about responses my son would write. Pictures would be also be drawn, boxes would be checked and questions would be answered. And now, that my son is older, the updated version gives complimentary and practical tools to help and support daily events that occur in the life of a young adult with ASD. The workbook provides exercises that touch on

topics from communication issues, school, and friends to emotions that can easily be answered by the individual on the spectrum or his/her caregiver. What is great about the book, it opens up communication between those on the spectrum and those who are not. It allows us to get a better understanding and become more open-minded to the complexity of the thinking and behavior of those with ASD. Catherine truly has a gift for bridging that gap in an easy to read manual that gives life lessons to all of us.

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