



Asperger's 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, Gary B. Mesibov

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This is a book that will never become irrelevant or "outdated." Every child who uses it also becomes its co-author. Each chapter is divided in two parts: the first part - the Workbook - is for the child to complete, by writing or highlighting "What is True for Me" in lists of simple statements. The second part - "For Parents and Teachers" - contains helpful tips/information for the adult who guides him through the exercises. The book will provide insight into your child's mind, and make him/her more self-aware, learning what autism means in relation to crucial areas of his/her life: friendships, fears, abilities, and much more.

Helpful chapters include:

- Ways of Thinking—Workbook
- The Sensory Experience—Workbook
- Artistic Talent--Workbook
- People—Workbook
- Understanding—Workbook
- Thoughts—Workbook
- Communication—Workbook
- School—Workbook

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Sharon Grace:

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