



# Asperger Syndrome and Anxiety: A Guide to Successful Stress Management

By Nick Dubin

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Many people suffer from feelings of stress and anxiety in their everyday lives. For people with Asperger Syndrome (AS), this stress can be particularly difficult to manage. On a daily basis people with AS must fit into a world that seems totally foreign to them and this can increase feelings of alienation and anxiety, making life's challenges especially hard to cope with.

The first book on anxiety written specifically for adults with Asperger Syndrome, this book offers practical advice on how individuals with AS can manage their anxiety more effectively. As a person with AS who has struggled with feelings of anxiety and learnt how to overcome them, Nick Dubin shares his own tried and tested solutions along with up-to-date research on stress management for individuals with AS, including a chapter on Cognitive Behavioural Therapy (CBT). Dubin explores the key problem areas that can lead to anxiety for people with AS such as lack of social skills, difficulties establishing romantic relationships and uncertainty about employment.

Asperger Syndrome and Anxiety provides real solutions to a common problem and is essential reading for anyone with AS who has trouble managing stress. The book will also be of interest to family members, teachers and other professionals working with individuals with AS.

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The first book on anxiety written specifically for adults with Asperger Syndrome, this book offers practical advice on how individuals with AS can manage their anxiety more effectively. As a person with AS who has struggled with feelings of anxiety and learnt how to overcome them, Nick Dubin shares his own tried and tested solutions along with up-to-date research on stress management for individuals with AS, including a chapter on Cognitive Behavioural Therapy (CBT). Dubin explores the key problem areas that can lead to anxiety for people with AS such as lack of social skills, difficulties establishing romantic relationships and uncertainty about employment.

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### **Bibliography**

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### Editorial Review

#### Review

The honest open approach to the difficulties of Asperger syndrome is refreshing and there is a lot of good advice in this book that covers topics such as anxiety and relationships, employment, shame. Therapies that are available are covered in detail such as CBT and psychotherapy. -- Alex Lowery Speaks About Autism blog Dubin's (Asperger Syndrome and Bullying) valuable guide acknowledges the anxiety inherent in Asperger syndrome. The suggested therapies and tone of self-acceptance make it valuable for people with AS, as well as their loved ones and mental health professionals... Dubin discusses how anxiety affects relationships and employment and suggests such adaptive techniques as cognitive-behavioral therapy, mindfulness, and psychotherapy. -- Library Journal In this short but informative guide for adults with Asperger syndrome (AS), Nick Dubin draws from sources as varied as cognitive behavioural therapy, mindfulness, Judaism, Jungian psychology, and perhaps most intriguingly, his own experiences as a person with AS. Using these sources combined with his unique perspective, he teaches adults with AS specific strategies for dealing with their daily anxiety... Dubin writes in an easy-to-read conversational style, unafraid of using personal examples to illustrate his points. One could imagine that a book so based on personal experience would apply only to a small subset of individuals who have had the exact same set of experiences or a personality similar to the author. However, Dubin is careful to relate his thoughts and experiences to general concepts, and it is likely that his psychological training has given him a broader perspective. With this combination of experience and training, he succeeds at providing the reader with supportive understanding without coddling... Dubin's book is not idealistic - he is careful to frequently discuss limits and issues widely shared by people with AS and the effects that these can have on the prevalence of anxiety in daily life. Ultimately, his message is one of encouragement and empowerment. -- Journal of Autism Developmental Disorder I think this is a very good book - I'm going to stick my neck out and say that I think it will still be seen as one of the best books on AS and anxiety in ten years time, despite the rapid progress in the field. -- Aspergers United Nick Dubin is still in his early 30s. But by the time he reaches 50, he may very well have written a book on every psychological byproduct of life lived in the behavioral minority. 'Asperger's and Anxiety' is another great contribution towards our understanding all that the autism spectrum presents us. -- Michael John Carley, Executive Director of The Global and Regional Asperger Syndrome Partnership (GRASP) and author of Asperger's From the Inside Out Nick Dubin is an excellent writer who wears his learning lightly. I highly recommend this book for all those touched by Asperger syndrome. -- Jenny Ravenhill, National Autistic Society Nick Dubin's latest book is a remarkable and keenly insightful work from a brilliant and emerging leader in the autism self-advocacy community. Dubin's astute, insider's comprehension of Asperger's, coupled with his deft ability to convey such in prose, hits every note with spot-on clarity. His perspectives on spirituality are especially valuable. -- William Stillman, author of Autism and the God Connection and Demystifying the Autistic Experience Nick Dubin has walked the walk growing to adulthood with Asperger's Syndrome. Now as a professional, he talks the talk in this landmark contribution. This is the first book to focus exclusively on Asperger's and anxiety. With keen intelligence, clarity, and insight, Nick applies evidence-based treatments and self-help strategies for individuals living with Asperger's. -- Robert A. Naseef, Ph.D., author of Special Children, Challenged Parents and co-editor of Voices from the Spectrum A remarkable and keenly insightful work from a brilliant and emerging leader in the autism self-advocacy community. -- William Stillman, author of Autism and the God Connection and Demystifying the Autistic Experience As with the last book, this invaluable resource is chock full of practical solutions for identifying, reckoning with, and resolving the many sources of anxiety plaguing people with Asperger Syndrome. As a stalwart, trusty guide, Nick brings us to greater understanding of ourselves and towards being a better human being. A must read for anyone with Asperger Syndrome and

High Functioning Autism or persons supporting those on the autism spectrum. -- Stephen M. Shore, Professor of Special Education, Adelphi University and co-author of *Choosing Home: Deciding to Homeschool with Asperger's Syndrome* This is an incisively written presentation for people with Asperger syndrome (AS), their families and professionals, written by someone with AS. -- The Teacher

#### Review

The honest open approach to the difficulties of Asperger syndrome is refreshing and there is a lot of good advice in this book that covers topics such as anxiety and relationships, employment, shame. Therapies that are available are covered in detail such as CBT and psychotherapy. (Alex Lowery Speaks About Autism blog)

Dubin's (*Asperger Syndrome and Bullying*) valuable guide acknowledges the anxiety inherent in Asperger syndrome. The suggested therapies and tone of self-acceptance make it valuable for people with AS, as well as their loved ones and mental health professionals... Dubin discusses how anxiety affects relationships and employment and suggests such adaptive techniques as cognitive-behavioral therapy, mindfulness, and psychotherapy. (Library Journal)

In this short but informative guide for adults with Asperger syndrome (AS), Nick Dubin draws from sources as varied as cognitive behavioural therapy, mindfulness, Judaism, Jungian psychology, and perhaps most intriguingly, his own experiences as a person with AS. Using these sources combined with his unique perspective, he teaches adults with AS specific strategies for dealing with their daily anxiety... Dubin writes in an easy-to-read conversational style, unafraid of using personal examples to illustrate his points. One could imagine that a book so based on personal experience would apply only to a small subset of individuals who have had the exact same set of experiences or a personality similar to the author. However, Dubin is careful to relate his thoughts and experiences to general concepts, and it is likely that his psychological training has given him a broader perspective. With this combination of experience and training, he succeeds at providing the reader with supportive understanding without coddling... Dubin's book is not idealistic - he is careful to frequently discuss limits and issues widely shared by people with AS and the effects that these can have on the prevalence of anxiety in daily life. Ultimately, his message is one of encouragement and empowerment. (Journal of Autism Developmental Disorder)

I think this is a very good book - I'm going to stick my neck out and say that I think it will still be seen as one of the best books on AS and anxiety in ten years time, despite the rapid progress in the field. (Aspergers United)

Nick Dubin is still in his early 30s. But by the time he reaches 50, he may very well have written a book on every psychological byproduct of life lived in the behavioral minority. 'Asperger's and Anxiety' is another great contribution towards our understanding all that the autism spectrum presents us. (Michael John Carley, Executive Director of The Global and Regional Asperger Syndrome Partnership (GRASP) and author of *Asperger's From the Inside Out*)

Nick Dubin is an excellent writer who wears his learning lightly. I highly recommend this book for all those touched by Asperger syndrome. (Jenny Ravenhill, National Autistic Society)

Nick Dubin's latest book is a remarkable and keenly insightful work from a brilliant and emerging leader in the autism self-advocacy community. Dubin's astute, insider's comprehension of Asperger's, coupled with his deft ability to convey such in prose, hits every note with spot-on clarity. His perspectives on spirituality are especially valuable. (William Stillman, author of *Autism and the God Connection* and *Demystifying the Autistic Experience*)

Nick Dubin has walked the walk growing to adulthood with Asperger's Syndrome. Now as a professional, he talks the talk in this landmark contribution. This is the first book to focus exclusively on Asperger's and anxiety. With keen intelligence, clarity, and insight, Nick applies evidence-based treatments and self-help strategies for individuals living with Asperger's. (Robert A. Naseef, Ph.D., author of *Special Children, Challenged Parents* and co-editor of *Voices from the Spectrum*)

A remarkable and keenly insightful work from a brilliant and emerging leader in the autism self-advocacy community. (William Stillman, author of *Autism and the God Connection* and *Demystifying the Autistic Experience*)

As with the last book, this invaluable resource is chock full of practical solutions for identifying, reckoning with, and resolving the many sources of anxiety plaguing people with Asperger Syndrome. As a stalwart, trusty guide, Nick brings us to greater understanding of ourselves and towards being a better human being. A must read for anyone with Asperger Syndrome and High Functioning Autism or persons supporting those on the autism spectrum. (Stephen M. Shore, Professor of Special Education, Adelphi University and co-author of *Choosing Home: Deciding to Homeschool with Asperger's Syndrome*)

This is an incisively written presentation for people with Asperger syndrome (AS), their families and professionals, written by someone with AS. (The Teacher)

#### About the Author

Nick Dubin was diagnosed with Asperger Syndrome in 2004. He holds a Bachelor's Degree in Communications from Oakland University, a Master's Degree in Learning Disabilities from the University of Detroit Mercy, and a Specialist Degree in Psychology from the Michigan School of Professional Psychology. He is the author of *Asperger Syndrome and Bullying* and two DVDs, *Asperger Syndrome and Employment* and *Being Bullied*, all published by Jessica Kingsley Publishers. Nick lives in a suburb of Detroit, Michigan.

## **Users Review**

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Book will be written, printed, or created for everything. You can realize everything you want by a guide. Book has a different type. To be sure that book is important point to bring us around the world. Next to that you can your reading ability was fluently. A publication *Asperger Syndrome and Anxiety: A Guide to Successful Stress Management* will make you to possibly be smarter. You can feel considerably more confidence if you can know about every thing. But some of you think this open or reading the book make you bored. It isn't make you fun. Why they are often thought like that? Have you looking for best book or ideal book with you?

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This *Asperger Syndrome and Anxiety: A Guide to Successful Stress Management* is new way for you who has curiosity to look for some information mainly because it relief your hunger details. Getting deeper you into it getting knowledge more you know or else you who still having small amount of digest in reading this *Asperger Syndrome and Anxiety: A Guide to Successful Stress Management* can be the light food for yourself because the information inside this particular book is easy to get through anyone. These books create itself in the form which can be reachable by anyone, sure I mean in the e-book application form.

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