



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

*Nick Dubin*

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

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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