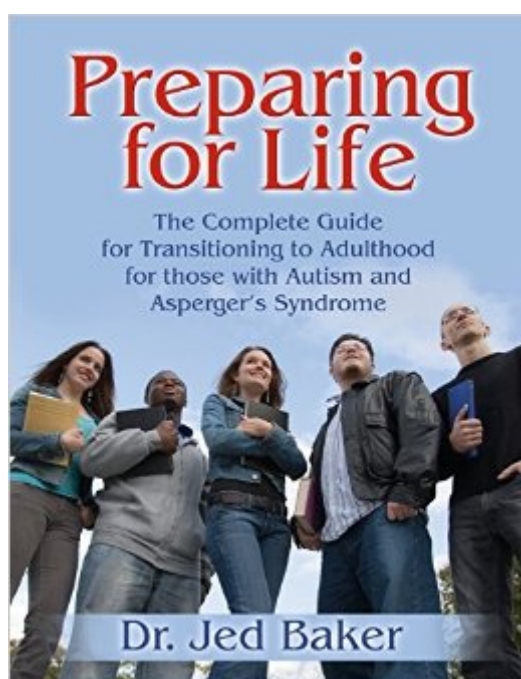


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# Preparing For Life: The Complete Guide For Transitioning To Adulthood For Those With Autism And Asperger's Syndrome



## Synopsis

Typically, ASD high school graduates are unprepared for the transition to independence. Early, ongoing training in the social skills crucial to establishing successful adult relationshipsâ”in college, vocational school, residential living, or on the jobâ”can help. He also guides readers through the legal, financial, educational, vocational, and community resources available after graduation. The essence of the book lies in the 73 â œSkill Lessonsâ • targeting: nonverbal communication empathy anger/anxiety management conversational skills employment-related skills â”which can be taught by parents, teachers, or professionals. This easy-to-follow resource offers a complete toolbox of social skills and the means to attain them.Helpful chapters include: Aspergerâ™s Syndrome, autism disorders, and the need for life skills training The transition process and the law College, Career and Residential Options Beyond High School: What parents can do to prepare their son or daughter (by Rick Blumberg, Ph.D.) Assessment of social skill needs Skill instruction strategies: Individual, small group, self-instruction Training peers to be more accepting of students on the spectrum Skill Lessons Â

## Book Information

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## Customer Reviews

If you work the guide, it works for you. But with so much going on, who has time to work through this guide on their own??\*It takes a lot of discipline to be self taught, so this may not be totally affective for those who are not fully dedicated to the exercises in this workbook.\*I do find the book Preparing

for Life helpful, particularly with my social anxiety due to Aspergers. Again I must say Preparing for Life is VERY useful, it's helped me identify my strengths and communicate them clearly to others. It has helped me prepare for job interviews, face-to-face interactions and telephone conversations. It has helped me to NOT be a creep in public, and has taught me how to monitor myself amongst other people. I can now hold down a job interacting with people, and maintain a stable relationship thanks to this book! But for other areas, the advice seems too general or limited, and it doesn't have the same effect as working with someone on my issues. In my opinion, this book is not comprehensive enough to help me make improvements in specific areas of my life like: memory, cognition, executive functions, coordination, emotional control/mood regulation, self esteem, anger management, anxiety attacks etc. I've found that the combination of this workbook, and the book [Download to continue reading...](#)

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