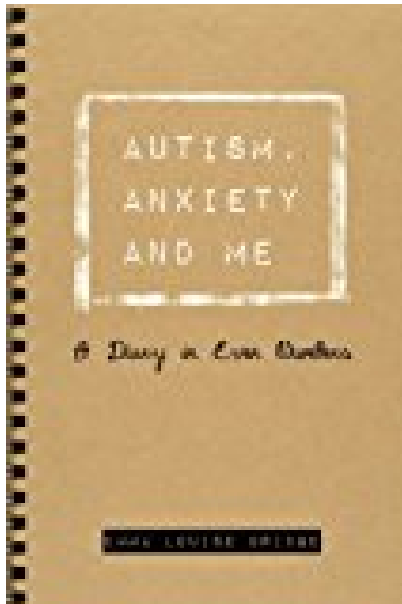


Autism Anxiety and Me A Diary in Even Numbers



BOOK DETAILS

- Author : Emma Louise Bridge
- Pages : 224 Pages
- Publisher : Jessica Kingsley Publishers
- Language : English
- ISBN : 1785920774

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BOOK SYNOPSIS

Surely my way is not always wrong, just because its different from other peoples ways? I mean everyones way is weird to someone... In her 24 years Emma has experienced a lot, and much of this has been coloured by her autism and social anxiety. Funny and self-aware, this collection of Emmas diary entries capture her hidden thoughts and insightful explanations as to why the world can be such a puzzling place. Wry observations on social rules, friendships, relationships, and facing changes give compelling insight into how Emma confronts challenges, and her determination to live life to the fullest. Helpful advice at the end of each entry also give practical strategies for coping with common issues.

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