



The Asperger Personal Guide: Raising Self-Esteem and Making the Most of Yourself as a Adult with Asperger's Syndrome (Lucky Duck Books)

Genevieve Edmonds, Dean Worton

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Following the successful publication of the **Asperger Love Guide** and **Asperger Social Guide** this third book in the series of three self-help practical life guides covers the personal issues that an adult with Asperger's syndrome faces in a world not designed for people with autism.

Written from the male and female perspective of two Asperger's adults it looks at:

- the positive aspects of Asperger's syndrome
- how these translate into everyday life
- whether Asperger's syndrome is in fact a disability
- strategies to gain mental and physical health as an adult with ASD.

The book aims to help adults gain self-esteem and get the most out of themselves as a unique adult with Asperger's syndrome. These courageous authors have drawn upon their personal experiences to provide an outstanding series of books aimed to support and enhance the quality of life for other Asperger adults.

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From reader reviews:

Deborah Hayes:

Spent a free a chance to be fun activity to do! A lot of people spent their free time with their family, or all their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to test look for book, may be the book untitled The Asperger Personal Guide: Raising Self-Esteem and Making the Most of Yourself as a Adult with Asperger's Syndrome (Lucky Duck Books) can be excellent book to read. May be it may be best activity to you.

Kay Roberts:

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James Valenzuela:

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