

## Living Well Spectrum Challenges High Functioning

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Description of the book "Living Well on the Spectrum: How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning

## Where To Download Living Well Spectrum Challenges High Functioning

Autism": Being "different" is old news for adults with Asperger Syndrome and High-Functioning Autism (AS/HFA), whether they were diagnosed as children or only recently.

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People at the higher end of the spectrum are just as susceptible as people in the middle or lower end of the spectrum to sensory dysfunctions. These include mild, moderate, or extreme sensitivity to noise, crowds, bright lights, strong tastes, smells, and touch.

### **Why "High Functioning" Autism Is So Challenging**

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And she's written a book about it. Please welcome today's guest, the author of "Living Well On The Spectrum: How To Use Your Strengths To Meet The Challenges Of Asperger's Syndrome", Dr. Valerie Gaus.

### **"Living Well On The Spectrum" - Meet psychologist/author Dr. Valerie Gaus**

Any person can feel pressured under these circumstances, but people on the spectrum may feel even more overwhelmed by the demands of daily adult life than typical people. In fact, when people on the spectrum come to my office for help, they often report a lot of stress in their lives.

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Living well on the spectrum : how to use your strengths to meet the challenges of Asperger syndrome/high-functioning autism / Valerie L. Gaus ; foreword by Stephen Shore. Format Book Published New York : Guilford Press, c2011. Description xiii, 383 p. : ill. ; 27 cm. Notes Includes bibliographical references and index.

### **Living well on the spectrum : how to use your strengths to ...**

She has provided mental health services to people with autism spectrum disorder since receiving her doctorate in 1992. Dr. Gaus serves on the advisory board of the Asperger Syndrome and High Functioning Autism Association and on the grant review committee of the Organization for Autism Research, and has lectured internationally on Asperger ...

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