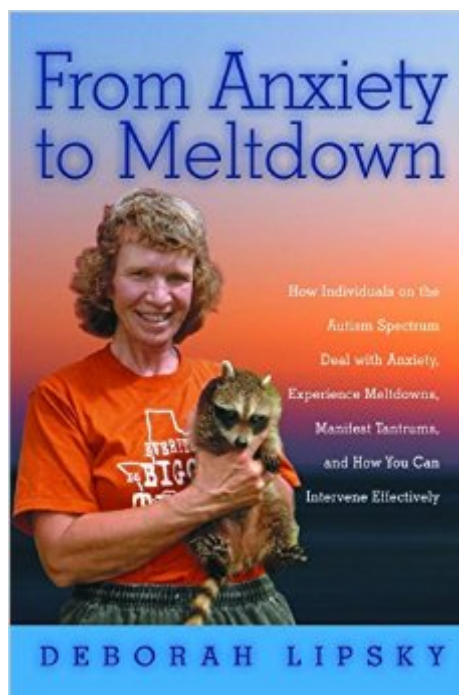


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# From Anxiety To Meltdown: How Individuals On The Autism Spectrum Deal With Anxiety, Experience Meltdowns, Manifest Tantrums, And How You Can Intervene Effectively



## Synopsis

Anxiety is the root cause of many of the difficulties experienced by people on the autism spectrum, and is often caused by things such as a change in routine, or sensory overload. Deborah Lipsky takes a practical look at what happens when things spiral out of control, exploring what leads to meltdowns and tantrums, and what can be done to help. Drawing on her own extensive personal experience and using real-life examples to explain how autistic people think, the author distinguishes between meltdowns and tantrums, showing how they are different, how each can begin, and most important, how to identify triggers and prevent outbursts from happening in the first place. Practical and simple solutions to avoiding anxiety are offered throughout, and these are accompanied by calming techniques and suggestions for dealing with tantrums when they occur. This book will be an essential read for those on the autism spectrum, their families and friends, professionals working with them, and anybody else with an interest in autism spectrum conditions.

## Book Information

Paperback: 236 pages

Publisher: Jessica Kingsley Publishers; 1 edition (January 5, 2011)

Language: English

ISBN-10: 1849058431

ISBN-13: 978-1849058438

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #516,560 in Books (See Top 100 in Books) #248 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness](#) #466 in [Books > Health, Fitness & Dieting > Children's Health > Autism & Asperger's Syndrome](#) #575 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#)

## Customer Reviews

I currently teach vocational skills to 18-22 year-olds with varying special needs. One of my most challenging students has frequent anxiety issues. If his frustration levels get too high, the student might engage in self-injurious behavior or will scream at the offending person for a long time after a perceived incident. This book was a life saver. I actually showed my student this book and told him that I was learning how to better help him, which he seemed interested in. I cannot recommend this book enough to teachers and caregivers who work with people on the Autism spectrum. I have

learned so much and my interactions with my student have improved greatly. Even better, my understanding of what is going on inside of him has helped me to teach my student better coping strategies.

My daughter was diagnosed with Aspergers(before being replaced) at the age of four. I have been reading and researching for 4years now. Not on how to "cure" her, but how to better understand her and communicate with her in a way that would lessen her anxiety. This book has helped me immensely. It is written by an autistic. What better way to know and understand the autistic mind. While everyone has there own personality the traits she describes are spot on. It has helped me understand why my daughter does what she does.

What a great book to help understand autistic thinking! Nothing like hearing it from one who truly knows. And written so intelligently.

Where was this book when my daughter was growing up! It is still a great and easy read for both parents and grown children.

I like this book because it was wrote by someone that has Autism so it helps to get an idea of what they are thinking and what upsets them.

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