



Meditation for Aspies: Everyday Techniques to Help People with Asperger Syndrome Take Control and Improve their Lives

Ulrike Domenika Bolls

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Meditation is an effective, life-long practice that can help people with Asperger Syndrome to steer their own life course and improve wellbeing. This useful guide provides Aspies with a clear explanation of how to reap the benefits of welcoming meditation practices into their lives.

In addition to its great value as a relaxation technique, meditation can positively influence emotions, curb anxiety and meltdowns, and promote self-esteem and self-awareness. This book discusses why common Aspie character traits such as dedication and introversion make people with Asperger Syndrome particularly well suited to practicing meditation and offers guidance on choosing the right type of meditation to suit each individual's needs. With useful advice on how to begin, where to meditate, what to wear, and much more, the book shows that meditation can be a powerful everyday technique for personal development and self-discovery.

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