



The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)

Irene McHenry PhD, Carol Moog PhD

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“When I was a teen, many of the exercises and activities in this book would have helped me calm down. ... This book is a real, practical, and positive guide for reducing stress.”

—Temple Grandin, author of *Thinking in Pictures*

Teens with autism have the potential to be excellent actors. They are natural observers—able to study, imitate, and learn social behavior. *The Autism Playbook for Teens* is designed to bolster these strengths with mindfulness strategies and roleplaying scripts, while also helping teens reduce anxiety, manage emotions, be more aware in the present moment, and connect with others.

This book offers a unique, strengths-based approach to help teens with autism spectrum (including Asperger’s Syndrome) develop social skills, strengthen communication, and thrive. The activities contained in each chapter are custom-designed to work with the unique perspectives, sensory processing, neurological strengths and challenges that teens with autism bring to their encounters with the social world. By engaging in these activities, teens will gain an authentic awareness of their surroundings, leading to better social interaction that is also rewarding, interesting, and fun.

The delightful and creative activities in this book are grounded in well-documented clinical observations and current empirical studies. They also take into account the real neurological differences that exist in young people with autism, and focuses on the unique pathways needed to connect with and inspire these exceptional and fabulous teenagers.

This is the only book available for teens with autism that specifically integrates mindfulness skills and imaginative scripted roleplaying activities for building authentic social experiences.

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From reader reviews:

Cynthia Medina:

In this 21st century, people become competitive in every way. By being competitive at this point, people have to do something to make themselves survive, being in the middle of the actual crowded place and notice simply by surrounding. One thing that at times many people have underestimated that for a while is reading. Yep, by reading a guide your ability to survive rises then having a chance to remain than others is high. For you who want to start reading a new book, we give you this specific *The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)* book as a starter and daily reading publication. Why, because this book is more than just a book.

Cheryl Kirkland:

Here is the thing why this *The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)* are different and trustworthy to be yours. First of all, reading through a book is good, however it depends on the content of it, which is the content is as delightful as food or not. *The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)* giving you information deeper and in different ways, you can find any publication out there but there is no publication that is similar with *The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)*. It gives you a thrilling reading journey, it opens up your own eyes about the things that have happened in the world which might be able to happen around you. It is easy to bring everywhere like in an area, café, or even in your technique home by train. When you are having difficulties in bringing the branded book maybe the form of *The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)* in e-book can be your alternate.

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Nowadays, those who are living in the era where everything is reachable by connecting with the internet and the resources inside it can be true or not require people to be aware of each detail they get. How many people are smart in getting any information nowadays? Of course the answer is reading a book. Looking at a book can help folks out of this uncertainty. Information, particularly this *The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)* book since this book offers you rich facts and knowledge. Of course the data in this book, 100% guarantees there is no doubt in it, you know.

Stephen Porter:

The book untitled *The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)* contain a lot of information on the idea. The writer explains your girlfriend idea with easy approach. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read that. The book was published by famous author. The author gives you in the new era of literary works. You can easily read this book because you can read on your smart phone, or product, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and order it. Have a nice learn.

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