



Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life

Liane Holliday Willey

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Life with Asperger Syndrome can be a challenge at the best of times, and trials and tribulations that neurotypicals take in their stride can leave Aspies perplexed and unsure of how to solve problems and keep themselves safe, both physically and emotionally. Liane Holliday Willey explores the daily pitfalls that females with AS may face, and suggests practical and helpful ways of overcoming them. The focus throughout is on keeping safe, and this extends to travel, social awareness, and general life management. With deeply personal accounts from the author's own experiences, this book doesn't shy away from difficult issues such as coping with bullying, self-harm, depression, and eating disorders. The positive and encouraging advice gives those with AS the guidance to safeguard themselves from emotional and physical harm, and live happy and independent lives. This book will be essential reading for all females with Asperger Syndrome, their friends and families, and all professionals whose work brings them into contact with females with AS.

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Dolores Mika:

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