



# **The Asperger Personal Guide: Raising Self-Esteem and Making the Most of Yourself as a Adult with Asperger's Syndrome (Lucky Duck Books)**

*Genevieve Edmonds, Dean Worton*

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Following the successful publication of the **Asperger Love Guide** and **Asperger Social Guide** this third book in the series of three self-help practical life guides covers the personal issues that an adult with Asperger's syndrome faces in a world not designed for people with autism.

Written from the male and female perspective of two Asperger's adults it looks at:

- the positive aspects of Asperger's syndrome
- how these translate into everyday life
- whether Asperger's syndrome is in fact a disability
- strategies to gain mental and physical health as an adult with ASD.

The book aims to help adults gain self-esteem and get the most out of themselves as a unique adult with Asperger's syndrome. These courageous authors have drawn upon their personal experiences to provide an outstanding series of books aimed to support and enhance the quality of life for other Asperger adults.

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