



## A Week of Switching, Shifting, and Stretching: How to Make My Thinking More Flexible

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By Lauren H. Kerstein

AAPC - Autism Asperger Publishing Co., 2013. Softcover. Book Condition: New. This picture book assists children on the autism spectrum, and any child for that matter, in examining their black-and-white thinking in order to begin to think more flexibly -- rainbow thinking. Using repeated rhymes and illustrations, the child begins to recognize that the more flexible his thinking is, the better he is able to cope with the challenges that life inevitably brings, ultimately, leading to fewer tantrums and meltdowns. Lauren Kerstein is a licensed clinical social worker who specializes in working with children, adolescents, adults and families. After receiving Bachelors of Arts in both Education and Psychology at Washington University in St. Louis, Lauren attended George Warren Brown School of Social Work and received a Masters in Social Work. Lauren completed a post-masters fellowship at JFK Partners, the University Affiliated Program at the University of Colorado Health Sciences Center. The fellowship included intensive training and practical experience with children, adults and families with Autism Spectrum Disorders as well as other disabilities. Lauren received multi-disciplinary training from psychologists, psychiatrists, occupational therapists, speech/language pathologists, developmental pediatricians, neuropsychologists, and social workers at JFK Partners. "This book is an essential tool for all...



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### Reviews

*Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.*

-- **Romaine Rippin**

*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Lyda Davis II**