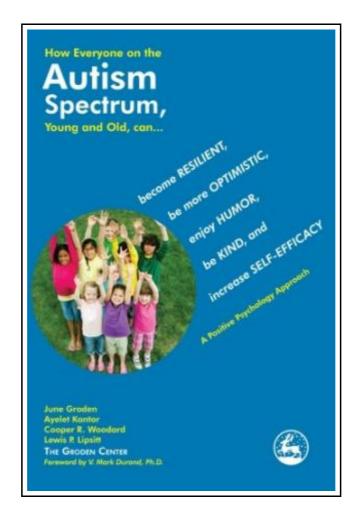
How Everyone on the Autism Spectrum, Young and Old, Can.: Become Resilient, be More Optimistic, Enjoy Humor, be Kind, and Increase Self-Efficacy - A Positive Psychology Approach



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Reviews

Totally one of the better publication I actually have ever study. It is rally interesting through reading through time period. I am pleased to inform you that here is the greatest publication i have read within my personal life and can be he best pdf for possibly.

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Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, How Everyone on the Autism Spectrum, Young and Old, Can.: Become Resilient, be More Optimistic, Enjoy Humor, be Kind, and Increase Self-Efficacy - A Positive Psychology Approach, June Groden, Ayelet Kantor, Cooper R. Woodard, Lewis P. Lipsitt, Encouraging people on the autism spectrum to foster positive emotions and character traits can dramatically improve their lives in every way, and help to strengthen their ability to cope with everyday challenges and setbacks. Drawing on the key concepts of positive psychology, this book looks in detail at five positive character traits - resilience, optimism, humor, kindness, and self-efficacy - and offers tried and tested strategies for bolstering each strength in individuals with ASD. The authors provide rich and varied lesson plans which contain a multitude of activities designed to build on the five areas identified, and which can be easily implemented at home, at school, or in the community. This complete "toolkit" provides parents, educators and other professionals with everything they need to know to use positive psychology strategies to support people of all ages and abilities on the autism spectrum.

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