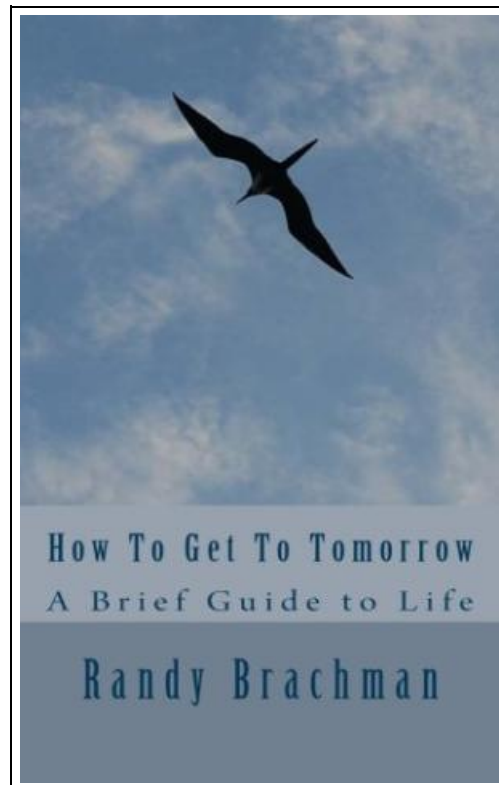


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.A concise guide to getting past the problems of day-to-day life. Each chapter provides a different tool for viewing the world we live in, in a way that helps eliminate conflict, set goals that we can actually attain, reduce stress, and find happiness by having reasonable expectations. When nearly 60 years old, the author learned he has been living with Asperger s Syndrome, a developmental disorder on the autism spectrum, for his entire life. He realized he had developed a unique set of strategies for navigating the myriad social situations that mystify many on the autism spectrum. Surprisingly, many neurotypical (non-autistic) individuals also found his tools applicable in their everyday life, and encouraged him to share these with a broader audience. Everybody needs some simple tools to navigate the interactions of daily life. This guide is the only toolbox you need. Part self-help, part philosophy, and all common-sense. If you are looking for a straightforward, easy to read guide to carry in your purse or pocket, this is it.



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