



**An Aspie's Guide to Improving Empathetic
Attunement: Been There. Done That. Try This!
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Difficulties with feeling empathy or being perceiving to have a lack of empathy is a key daily stressor for people with Asperger's Syndrome and this ebook is packed with advice from Aspie mentors who have all been there, done that, and offer strategies that really work to improve empathetic attunement. Dr. Patrick Suglia, Paul Isaacs, Anita Lesko, and more offer guidance based on their personal experiences and the ebook ends with professional analysis and recommendations from world expert Dr. Tony Attwood.

This inspirational advice comes from the bestselling book *Been There. Done That. Try This!*, written by Aspies for Aspies, now available in short Aspie Mentor Guides!

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