



An Aspie's Guide to Overcoming Anxiety: Been There. Done That. Try This! (Been There. Done That. Try This! Aspie Mentor Guides)

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Anxiety 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 suggestions for coping strategies that really work. Liane Holliday Willey, Anita Lesko, Jennifer Cook O'Toole, and more offer guidance based on their personal experiences of dealing with anxiety 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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