

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

This composed publication is fantastic. This is certainly for all those who statte that there was not a well worth reading through. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for regarding when you ask me).

(Prof. Mark Ratke Jr.)

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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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