



Living Independently on the Autism Spectrum: What You Need to Know to Move into a Place of Your Own, Succeed at Work, Start a Relationship, Stay Safe, and Enjoy Life as an Adult on the Autism Spectrum

By Lynne Soraya

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Shape your way in the world and overcome any challenge!

Living on your own for the very first time can be exciting yet nerve-wracking--you'll search for roommates, interview for jobs, manage finances, and form relationships. But adjusting to this new life can seem especially difficult when you're on the Autism Spectrum. Drawing on her experiences, Lynne Soraya, one of ThAutcast.com's Most Inspiring Autistic People and author of *Psychology Today's* Asperger's Diary, will provide you with valuable advice as she guides you through each step of your transition into adulthood. These real-life strategies will help you cope with the feelings brought on by this change as well as deal with common challenges, like:

- Budgeting and handling bills.
- Finding the right residence and/or roommates.
- Discovering a career path that complements your talents.
- Interacting with coworkers and clients.
- Building relationships with friends and potential partners.

With *Living Independently on the Autism Spectrum*, you will gain the confidence, support, and guidance you need to finally experience life on your own.

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Editorial Review

Review

"An essential resource for people with autism. Soraya provides tools that enable people with autism to not only stay on their own path, but also feel proud of themselves for doing so." ~Scott Barry Kaufman, PhD, author of *Ungifted: Intelligence Redefined*

"A great book filled with advice that's based on the life experience of adults on the autism spectrum. It's a good addition to any adult autism library." ~John Elder Robison, *New York Times* bestselling author of *Look Me in the Eye*, *Raising Cubby*, and *Be Different*

"Being able to live a happy, safe, creative, and self-supporting life is the fondest hope for people on the spectrum. Lynne Soraya's book is a must-read for autistic people and those who love them." ~Steve Silberman, editor of *Wired* magazine and author of *NeuroTribes*

"A practical, empathic guide for adults with ASD. This book is a must read for adults with ASD, their families, and those committed to educate, support, and mentor them." ~Sam Goldstein PhD, author of *Raising Resilient Children with ASD*

"Lynne Soraya provides a comprehensive blueprint for building a life, from managing finances and housekeeping to navigating the complex social dynamics of love and friendship." ~Carlin Flora, author of *Friendfluence*

"Lynne distills important advice into a readable and practical text that is anchored both by her own experience and by the voices of other autistic individuals." ~Landon Bryce, founder of ThAutcast.com and author of *I Love Being My Own Autistic Self*

"Straightforward, inspiring, and packed with useful tips that will help adults who are on the autism spectrum to gain confidence and enjoy their lives." ~Alice Boyes, PhD, *Psychology Today* blogger

"I would highly recommend this book to not only autistic adults but also to parents, teachers, therapists and human resource managers, as it provides the kind of insight into autism that only an autistic person can provide." ~Kym Grosso, MBA, *Psychology Today* blogger

"What I love about Lynne's book is that she offers advice in a non-shaming way. She addresses specific challenges of autism, but also focuses on strengths. Lynne recommends mindfulness...and asks the reader many questions that require personal reflection." ~Mama Be Good blog

"Throughout this book I thought about my daughter. I thought about how, as she grows older, she may encounter, at least, some of these issues. Thought-provoking and insightful book." ~Emma's Hope

About the Author

Lynne Soraya was chosen as one of the Top 50 Most Inspiring Autistic People for 2011 at ThAutcast.com. She writes for *Psychology Today*'s popular Asperger's Diary blog and is a technical professional for a

Fortune 500 company. Her w

Users Review

From reader reviews:

Carrie Hunter:

In this 21st millennium, people become competitive in each way. By being competitive today, people have do something to make these survives, being in the middle of the crowded place and notice by surrounding. One thing that at times many people have underestimated the idea for a while is reading. Yeah, by reading a reserve your ability to survive boost then having chance to stay than other is high. For you personally who want to start reading the book, we give you this kind of Living Independently on the Autism Spectrum: What You Need to Know to Move into a Place of Your Own, Succeed at Work, Start a Relationship, Stay Safe, and Enjoy Life as an Adult on the Autism Spectrum book as beginning and daily reading book. Why, because this book is more than just a book.

Lillian Albrecht:

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Geneva Orta:

Why? Because this Living Independently on the Autism Spectrum: What You Need to Know to Move into a Place of Your Own, Succeed at Work, Start a Relationship, Stay Safe, and Enjoy Life as an Adult on the Autism Spectrum is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will distress you with the secret the item inside. Reading this book alongside it was fantastic author who have write the book in such awesome way makes the content within easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of advantages than the other book possess such as help improving your skill and your critical thinking means. So , still want to hold up having that book? If I ended up you I will go to the guide store hurriedly.

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publication has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to put every word into delight arrangement in writing Living Independently on the Autism Spectrum: What You Need to Know to Move into a Place of Your Own, Succeed at Work, Start a Relationship, Stay Safe, and Enjoy Life as an Adult on the Autism Spectrum however doesn't forget the main position, giving the reader the hottest and based confirm resource info that maybe you can be one among it. This great information can drawn you into brand new stage of crucial pondering.

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