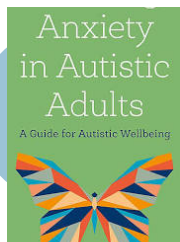


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Recommended Reading

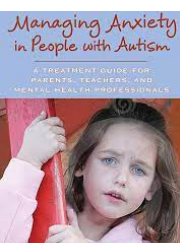
MENTAL HEALTH

For People With Autism



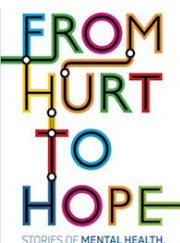
AVOIDING ANXIETY IN AUTISTIC ADULTS BY DR. LUKE BEARDON

This practical book gives clear strategies that the autistic person can adopt to minimise their anxiety and live comfortably in a world full of what may seem to be noise and chaos.



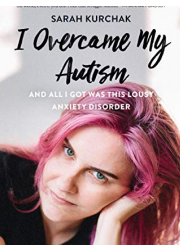
MANAGING ANXIETY IN PEOPLE WITH AUTISM BY ANNE M. CHALFANT

Dr. Chalfant provides clear, understandable explanations of the different types of anxiety disorders, how they affect people across the autism spectrum, and what interventions can help.



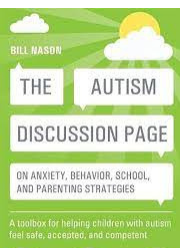
FROM HURT TO HOPE EDITED BY MAIR ELLIOTT

A selection of reflective essays about mental health on the autism spectrum from a diverse range of people. Each contributor follows the topics of hurt (their experience and how they felt), help (tools that have aided them), and hope (looking forwards).



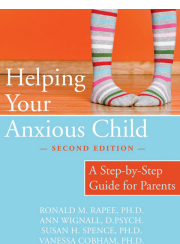
I OVERCAME MY AUTISM AND ALL I GOT WAS THIS LOUSY ANXIETY DISORDER BY SARAH KURCHAK

An autistic writer's memoir of the detrimental effects of pretending to be normal, and her impassioned call to redefine what is considered a successful life.



THE AUTISM DISCUSSION PAGE ON ANXIETY, BEHAVIOR, SCHOOL, AND PARENTING STRATEGIES BY BILL NASON

This book is a toolbox of simple strategies for supporting children with autism spectrum disorders and helping them to feel safe, accepted and competent.



HELPING YOUR ANXIOUS CHILD: A STEP-BY-STEP GUIDE BY RONALD M. RAPEE

Rapee offers proven-effective skills based in cognitive behavioral therapy (CBT), exposure therapy, & mindfulness & relaxation techniques to aid you in helping your child overcome intense fears & worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion.

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