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Some time ago we sent around a survey asking visitors what their biggest issues were around Aspergers and unanimously we got a response that it was the emotional aspect of their lives ...

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Adults With Aspergers ...

Emotional Mastery is a 24-day step-by-step program designed to give you tools to feel more happiness and less anger, stress, anxiety, and fear. This isn't fluffy theory stuff either.

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so that each week you ' re seeing
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Emotional Mastery - Charisma on
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Leslie Burby. Leslie Burby is the
former Editor-in-Chief of Autism
Parenting Magazine and a public

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Aspergers on autism related issues. She is the author of three autism related books: Emotional Mastery for Adult's with Autism (2013); Early Signs of Autism in Toddlers, Infants and Babies (2014); and the children's book Grace Figures Out School (2014).

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Emotional Mastery for adults with
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People who are struggling with
emotional dysregulation react to
relatively mild negative events in an
emotionally exaggerated manner;
they may cry, scream, accuse, or

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Aspergers blame those around them, or engage in passive-aggressive behaviors or other behaviors that can disrupt relationships and escalate conflict (PCH Treatment Center, n.d.).

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National Institute of Mental Health
(NIMH), the following anxiety
disorders exist within adults with

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1) Your Physiology. Every emotion
you experience is first felt in your
body. If you want to feel passionate,

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start by speaking more rapidly,
moving more rapidly, and take on the
“ physiology ” of passion. The same
goes if you want to feel more
confident – stand tall, be grounded,
breathe fully, speak loudly, etc....

How To Master Your Emotions: The 6

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readers. Emotional awareness is not
something that we a...

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