

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



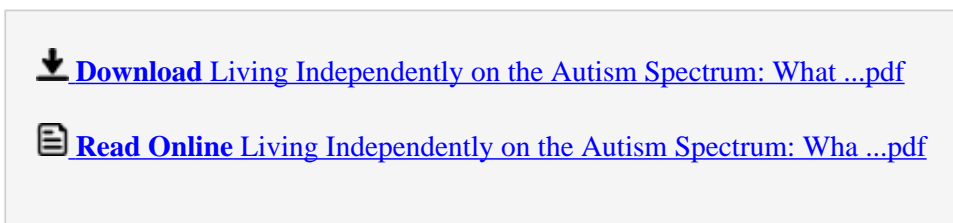
Living Independently on the Autism Spectrum: What You Need to Know to Move into a Place of Your Own, Succeed at Work, Start a Relationship, Stay Safe, and Enjoy Life as an Adult on the Autism Spectrum By Lynne Soraya

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:

Nancy Sena:

Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite reserve and reading a book. Beside you can solve your problem; you can add your knowledge by the e-book entitled 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. Try to stumble through book 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 as your good friend. It means that it can to be your friend when you truly feel alone and beside associated with course make you smarter than before. Yeah, it is very fortunated to suit your needs. The book makes you much more confidence because you can know almost everything by the book. So , we need to make new experience and knowledge with this book.

Jacob Roberts:

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Shirley Arrington:

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Donnie Matthews:

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