



Mindful Living with Asperger's Syndrome: Everyday Mindfulness Practices to Help You Tune in to the Present Moment

Chris Mitchell

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Based on his own life experiences, travels and meditations, Chris Mitchell reflects on how mindfulness practice can help people with Asperger's Syndrome (AS) with daily challenges including negative thought patterns, emotional and sensory issues, and navigating the social world.

This practical handbook provides advice and instruction on adopting a mindful way of living to help tune in to the present moment and each chapter provides step-by-step mindfulness exercises that allow individuals with AS to overcome obstacles through awareness. Included are breathing exercises, simple yoga stretches, sitting, standing and walking meditations, visualisations, and easy ways to incorporate mindfulness techniques into everyday activities such as eating, brushing your teeth or doing the dishes.

By teaching how to live mindfully moment to moment, this book gives people with Asperger's Syndrome the key to relieving stress, increasing awareness, and living a healthier and happier life.

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