



Overcoming Anxiety and Depression on the Autism Spectrum: A Self-help Guide Using CBT

Lee Wilkinson

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Many adults on the autism spectrum experience isolation, interpersonal difficulties, anxiety, depressed mood, and coping problems. Award-winning author Dr. Lee A. Wilkinson's new book presents strategies derived from cognitive-behavioral therapy (CBT), adapted specifically for adults with autism, to help them overcome anxiety and depression, and improve their psychological well-being. The author takes the best of CBT therapeutic techniques to facilitate greater self-understanding, self-advocacy, and better decision-making in life-span activities such as employment and interpersonal relationships.

Accessible and easy-to-read, this self-help guide provides evidence-based tools that can be used to learn new self-fulfilling ways of thinking, feeling, and doing. It includes questionnaires, forms/worksheets, and exercises to help the reader:

- Evaluate his or her autistic traits and discover their cognitive style.
- Identify and modify the thoughts and beliefs that underlie and maintain the cycles of anxiety, depression, and anger.
- Apply therapeutic techniques such as mindfulness, positive self-talk, guided imagery, and problem solving.
- Accept their past and achieve unconditional self-acceptance.
- Deal effectively with perfectionism and low frustration tolerance.
- Avoid procrastination and learn to maintain positive changes to their progress.

Used alone or in combination with therapy, *Overcoming Anxiety and Depression on the Autism Spectrum: A Self-Help Guide Using CBT* is an essential self-help book for adults across the spectrum looking for ways to understand and cope with their emotional challenges and improve their psychological well-being.

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