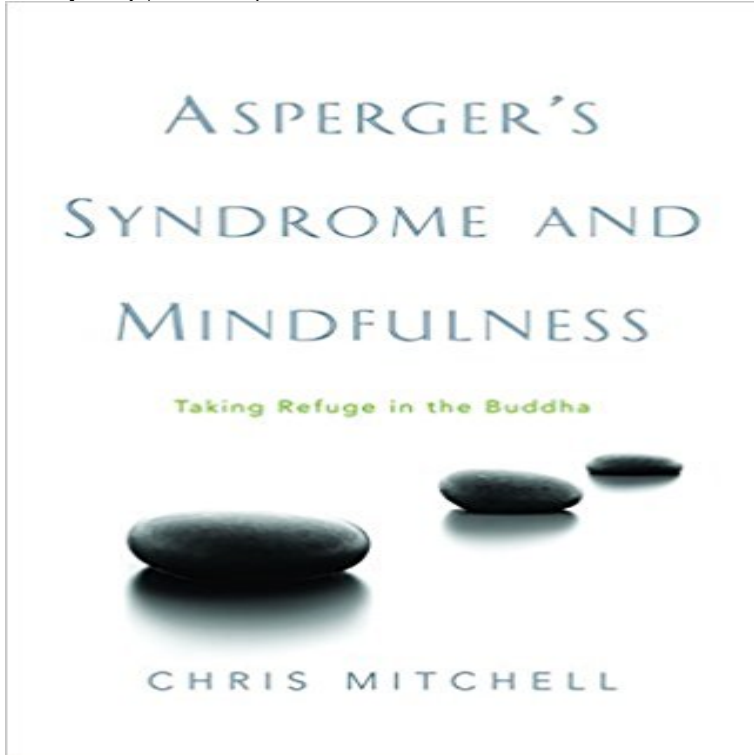


Aspergers Syndrome and Mindfulness: Taking Refuge in the Buddha



Understanding who you are can be a lonely and difficult process following the diagnosis of Aspergers Syndrome (AS). Aspergers Syndrome and Mindfulness illuminates this experience as an empowering path of discovery through the teachings of Buddhism. Chris Mitchell draws parallels between the experience of his own journey towards personhood through AS and the spiritual tenants of Theravada Buddhism, as outlined through the Eightfold Path, a guideline to personal development. Worry and anxiety, confusing desires or negative thoughts are among the everyday hindrances a person with AS faces. This book takes the reader through the key beliefs of Theravada Buddhism, such as Mindfulness and the Four Noble Truths, showing how practices such as Insight Meditation can lead to a positive resolution of these feelings. Talking openly about his own personal experiences, Chris Mitchell provides helpful tips and suggestions for improving confidence and self-esteem towards an overall better sense of self that will be of interest to anyone diagnosed with AS or their family and friends.

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