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estimated that 65% of adults with Aspergers Syndrome are prone to anxiety and depression and while there are no known statistics around the issues of anger management, we are aware from our readers that this is a particular issue in their lives.

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

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## **Mastery For 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. You'll get

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ready-to-use exercises that you can implement immediately so that each week you're seeing positive changes.

## **Emotional Mastery - Charisma on Command**

Leslie Burby. Leslie Burby is the

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former Editor-in-Chief of Autism Parenting Magazine and a public speaker 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

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(2014); and the children's book  
Grace Figures Out School (2014).

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anxiety and... by Leslie Burby  
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## **With Aspergers**

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## **Emotional Mastery for adults with Asperger's Syndrome**

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

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accuse, or 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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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, start by speaking more rapidly, moving more

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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**

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