



The Autism Spectrum and Depression (20140321)

Nick Dubin

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For people with Autism Spectrum Disorder (ASD), the stresses of coping with a world that often seems alien to them can frequently lead to depression. Written specifically for adults with ASD, this ground-breaking book offers accessible and sensitive advice on how to manage depression and make positive steps towards recovery.

Nick Dubin shares his own experiences of depression including how he has dealt with it, and everything from initial feelings of anger and frustration to medication, cognitive behavioural therapy and overcoming 'the dark night of the soul'. It explores the aspects of everyday life that can cause people with ASD to feel low, explains how this can escalate and looks at ways in which depression can be prevented. With a chapter on suicide and interviews with his parents, the book provides real, practical solutions to a problem that is often overlooked.

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