



# **The Asperger Couple's Workbook: Practical Advice and Activities for Couples and Counsellors**

*Maxine Aston*

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Asperger Syndrome (AS) can affect some of the fundamental ingredients required to make a relationship work, such as emotional empathy and communication. Maxine Aston, author of *Aspergers in Love*, has created this workbook to help couples where one of the partners has Asperger Syndrome deal with the difficulties that may arise in their relationship.

With candid advice, activities and example worksheets, the book explores a variety of approaches that couples can use to counteract these difficulties. Whilst acknowledging that all relationships are different and each needs to be viewed as a unique case, the author identifies specific issues that can be problematic in an Asperger relationship, such verbal and non-verbal communication, sexual issues, socializing and parenting, and comes up with simple and effective ways of addressing these issues.

This practical book is designed for use by couples and families affected by AS, either on their own or in conjunction with a counsellor. It will also be of interest to couples counsellors, or other professionals working with people with AS.

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