



Asperger's Syndrome and Mindfulness: Taking Refuge in the Buddha

Chris Mitchell

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Understanding who you are can be lonely and difficult following the diagnosis of Asperger's Syndrome (AS). *Asperger's Syndrome and Mindfulness* illuminates this 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. Worry and anxiety, confusing desires or negative thoughts are among the everyday hindrances a person with AS faces. This book takes the reader through key beliefs of Theravadic 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. Written in a friendly and personal style, this book provides helpful tips and suggestions for improving confidence and self-esteem towards an overall better sense of self that will certainly be of interest to anyone diagnosed with AS or their family and friends.

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