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Nota di contenuto	FRONT COVER; MIND/BODY TECHNIQUES FOR ASPERGER'S SYNDROME; THE WAY OF THE PATHFINDER; Contents; Preface; Acknowledgments; Foreword by Irene Brody; Foreword by Anthony Castrogiovanni,; 1. Introduction to Core Concepts of Pathfinder Mentoring; 2. The Breath Foundation: Being Grounded; 3. Mindfulness: Taming "the Chattering Mind"; 4. Standing on Your Own Two Feet; 5. Posture, Presence, and Extension; 6. The Power of Movement; 7. The Rites of Passage; Bibliography; Index;
Sommario/riassunto	After a few sessions with you, Nathan became aware of how he was carrying himself. We noticed a change in his gait. He was straighter, taller and more assertive in his walking. His gait was that of a confident man... He beamed with pride as I went on and on about how differently he presented himself. It shook me up!". --letter to Ron Rubio from the mother of a 22-year-old client with Asperger's Syndrome. People with Asperger's Syndrome (AS) typically experience difficulty

with balance, coordination and sensory awareness. The mind/body exercises in this book help young people with AS impro
