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Nota di contenuto	The Autism Spectrum and Depression; Foreword; Acknowledgments; Introduction; 1 The Relationship between the Autism Spectrum and Depression; 2 Defining Depression; 3 Cognitive-Behavioral Therapy; 4 The Dark Night of the Soul; 5 Suicide is the Forever Decision; 6 Perfectionism and Depression; 7 Anger and Depression; 8 Managing Depression; 9 Interview with My Parents; Afterword; Appendix I: A List of Recommended Books; Appendix II: Aspie Self-check List; References; Blank Page; Index
Sommario/riassunto	In the first book on depression written for adults on the autism spectrum, Nick Dubin offers accessible and sensitive advice on how individuals can manage their emotions, exploring what can lead to them feeling down, how this can escalate, and how to take positive steps towards recovery.