



# **Made for Good Purpose: What Every Parent Needs to Know to Help Their Adolescent with Asperger's, High Functioning Autism or a Learning Difference Become an Independent Adult**

*Michael P. McManmon*

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Many teenagers with Asperger's Syndrome leave school feeling unsure of how to take the next steps in their lives. Leaving the comforts of home and facing the unknown can be daunting, but with the right support and advice these young adults can adapt and enjoy their newly-acquired independence.

Filled with useful advice, easy-to-apply techniques, and insights from both the author's own experiences of Asperger's Syndrome and those of his students, this book is a practical guide for helping young adults on the spectrum achieve independence and learn life-long skills of self-knowledge, self-sufficiency, and self-advocacy. With chapters on social skills, handling finances, keeping healthy, and succeeding in higher education or first employment, Dr. McManmon provides the encouragement that any young Aspie needs to make the transition from an adolescent into a happy, confident and engaged adult.

This book will be essential reading for parents, young adults with Asperger's Syndrome, high-functioning autism or learning differences, and any professionals who work with them.

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