

Aspergers Cheatsheet

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How You Too Can Eliminate Asperger's Control of Your Life! You may have come to this site wondering "Do I have Asperger's Syndrome?" or wondering about mild Aspergers in general. If that is you, you have come to the right place! This is your first step to eliminating mild Asperger's control of your life! Get ready for the change of your life! Are you ready? Then let's go! Aspergers can be debilitating, even in the mildest form. It can turn a situation that people without it can term "normal", into a living nightmare for those who do have it. It can perplex, frustrate, and bring a person to their knees. Asperger's Syndrome is no fun, not only for the person suffering with it, but for those that are closest to them. I know this from personal experience. I struggled in school, trying to fit in even with the not so popular kids. Try as I might, I could not fit in, so I started acting out. I turned from I mild manner kid, into one who was angry at the world. It got to the point where my parents took me out of the school because I was doing so horrible. After that, I was homeschooled, which turned out to be both a blessing and a curse. It allowed me to open up myself and learn things about myself I would never learn if I did not have the time. But, on the other hand, I felt isolated, and on top of that, we moved every so often due to my father's work, which did not help with the isolation at all. Eventually, we moved back to my hometown where I was born. But then, tragedy struck. One year after moving back, my father passed away from cancer. While him dying did not hurt quite that much, the support that he often lent to my situations was gone. And that lack of guidance is what hit me the most. I still had my mother, who was very supportive, I still felt empty, alone. And in that, I started to question why I was not like other people. Why did it seem like some people seemed to have all

sorts of attention, and little old me did not? At the time, it did not seem apparent, but as time went on, the answer came in a way I never would have expected it. One day, while I was reading Businessweek.com, I came across an article about the founder of one of the largest P2P software companies. Intrigued (since I like their piece software), I decided to read the article. It was an interesting read. But there was one detail that stuck out to me. They were talking about this thing called "Aspergers" or properly called "Asperger's Syndrome". Out of curiosity, I decided to look it up on Wikipedia (inquisitive minds want to know). It was kind of funny too, because a lot of the symptoms on the list fit me to the t. I kind of thought it was a coincidence, because after all, I could hold still in my chair, and I did not stare at things for hours like the guy in the article did. So I left it as an interesting tidbit that I had learned for the day. I continued searching the internet for who knows what. Fast forward a few months later. I decided to go back to the Wikipedia article after reading the Businessweek article again. This time though, something struck me. Not the whole "my actions" vs the person in the article's actions, but it was more about how my actions compared with the article's description of Aspergers. I especially honed in on the social interactions part of the article. Could I have mild aspergers? Could there be such a thing as ... mild Aspergers? I decided to do some research. After reading webpages on Aspergers, I came to the conclusion that yes, I did have mild Aspergers. And thus started my road to recovery. Over the course of my recovery, I have learned several things. These things have made me a better person, and have allowed me to treat the symptoms of Aspergers, whereas before when I did not know I had Asperger's Syndrome, all I could do is take a crap shot at it and hoped it worked. It has not been easy, but through it all, I have been able to improve the situation and feel much better about things that prior to learning about mild Aspergers, I would not have no clue how to tackle. I dealt with depression, social isolation, and trying to "fit in" to society. I was able to overcome it, and take my life back from the control of Asperger's Syndrome. The results were not an instant "quick cure", but they helped me feel 200 better compared to when they were not utilized. I have gone from feeling hopeless and questioning the meaning of life, to being a productive member of society and not fretting about the small details of life. And so today, I want to share with you the peace of mind these techniques have brought me. They did not "cure" mild Aspergers, but they significantly reduced the symptoms, and eliminated Asperger's control of my life! While other guides and books may sum up what Asperger's is, I tell you how to conquer Asperger's Syndrome, and not just live with it. I will not get into medical gibberish, I will emphasize real world solutions that have helped me improve dramatically. So

what will I teach you? -To use your obsessiveness to your advantage -To reduce the negativity that sometimes come with Asperger's Syndrome -How to quit putting your foot in your mouth -And much more! You can learn this and much more for only for \$19.99! Remember, I am not going to spit out a bunch of medical gibberish at you. I will offer real world solutions that will change your life. Consider this the best investment you can make in yourself or in that person affected by mild Aspergers. Be empowered today!

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