



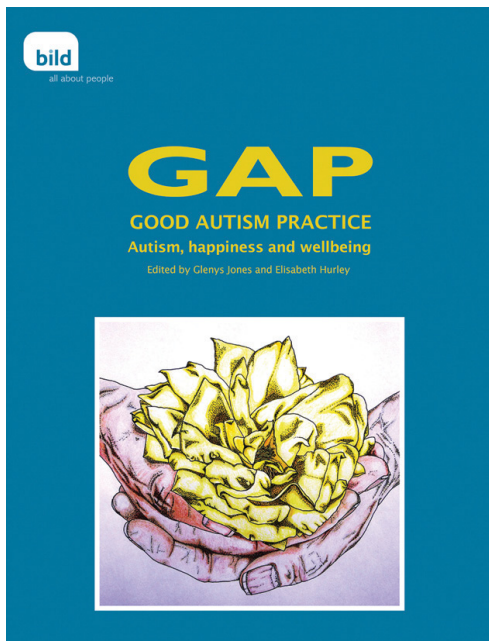
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GAP: Autism, happiness and wellbeing

Edited by Glenys Jones and Elisabeth Hurley



Emotional wellbeing and happiness has received little attention in the field of autism. Traditionally, research in autism has often focused on the problems experienced – such as stress, depression and anxiety, rather than on strengths. The aim of this book is to prompt discussion on a more positive view of autism.

It focuses on promoting happiness and wellbeing and features papers from people with autism, family members and professionals. The topics covered include understanding and promoting happiness, reducing stress using the PERMA model, self-acceptance and many more.

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