

EMOTIONAL MASTERY

for Adults with Aspergers

*Practical Techniques to work through
anxiety, anger and depression.*



Mark Blakey and Leslie Burby

Emotional Mastery For Adults With Aspergers

KJ Lindholm-Leary



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web feb 3 2022 physical activity can go a long way toward fall prevention with your health care provider s ok consider activities such as walking water workouts or tai chi a gentle exercise that involves slow and graceful dance like movements these activities reduce the risk of falls by improving strength balance coordination and flexibility