



# How to Understand Autism - The Easy Way

*Alexander Durig*

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## **How to Understand Autism - The Easy Way** Alexander Durig

In this clear and accessible introduction to autism, Alex Durig provides a host of ideas and examples that enable the reader to understand the phenomenon of autism, recognize different kinds of autistic perception and behaviour, and prepare for interaction with autistic people. To help 'normal' people understand and lose their fear of autism, Durig discusses the notions of 'slight' autism, being or becoming 'autism-friendly', and the mental well-being of autistic people. The author explains how autistic perception 'works' and how it yields autistic behaviours', to enable readers to see the world through the eyes of an autistic person, and thus change the way they perceive autism.

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