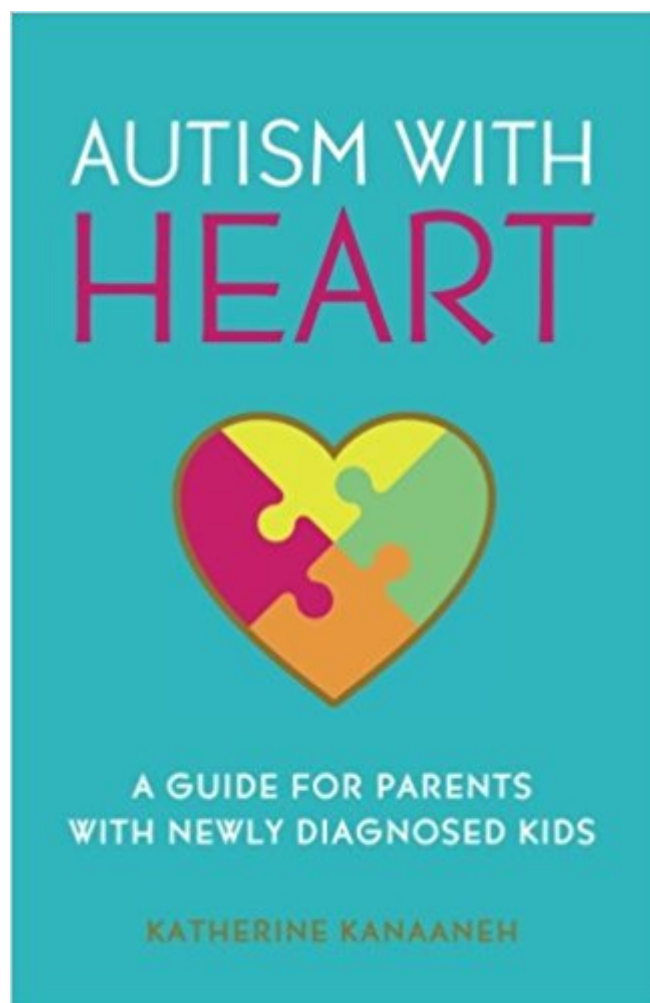


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# Autism With HEART: A Guide For Parents With Newly Diagnosed Kids



## Synopsis

Discover how you can become an empowered, organized, and thriving autism parent. In Autism with HEART, you will Heal by learning, Energize yourself, Anticipate how to switch up your daily song and dance, establish Routines, and learn to Thrive.Â Along with great advice, you have access to discounted apps and services and clear handouts/checklists. "These resources are going to be invaluable to any mother just hearing their child is on the autism spectrum" - Lisa Valerio, Autism Support Group Facilitator & Insurance Advocate.Â Whether you are an autism parent or a parent to any child, you will learn how to retain your sanity and solve the ins and outs of daily life by:Â Â -Organizing your autism related paperwork-Removing mental and physical clutter-Preventing burnout-Establishing daily routines-Teaching your child life skills-Creating a system for your insurance paperwork-Making time for you and your spouse-And moreÂ In this book, peppered with one autism mom&apos;s journey, you will discover advice that will simplify your life, giving you more time for yourself.Â Â "All mothers need the "H.E.A.R.T." method Katherine has laid out, but truly those who have been entrusted with a special needs child should make this book one of their "Lucky Things" Katherine discusses in her book" - Karen Kaplan, Autism Specialist with 40 years of experience, Executive Director Wings Learning Center & Offerings

## Book Information

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## Customer Reviews

"She not only tells you what absolutely needs to be done, but adds a lot of information on the resources and agencies that you can reach out to for help with sorting it all out. Â She provides a ton of information on discounts on important services and apps, handouts and helpful checklists.

(Personally, I think this bit makes the book really stand out and it's no surprise that it's already hit the Best Seller list on .) "The book will leave you feeling positive, hopeful, energized and a feeling that you can do it!" - The Huffington Post "This is a must read book for parents of children newly diagnosed with autism. But, parents of all children can also benefit from the tips Katherine offers. Her ideas and organizational strategies are clearly presented and easy to follow. Katherine's enthusiasm is infectious." - La Donna Ford, Mom of a 17 year old with autism

"Autism with HEART" is a must-have guide for a parent of a child who has been given a diagnosis on the autism spectrum. Katherine suggests easy-to-implement, practical strategies, to help bring and maintain order in your life. She provides advice and tools for organizing the mountains of paperwork and crazy family schedules. Her tips are straight forward and she takes you along on her quest to achieve, and keep, a positive outlook. We can all learn from her...autism moms, or not." - Deborah Hoffman, MA CCC-SLP

Wow! This book is amazing! Don't be fooled by the title. This goes beyond! As Katherine lays out amazing systems on how to navigate the world of autism, if you are a parent, then you can still glean from this book! It's hard to read this book without experiencing it. Katherine Kanaaneh discusses how to be a better parent without neglecting you in the process. She lays out a system to help clear physical and mental clutter so that you can clarify what is important. She goes way out, suggesting apps and resources to make your life easier. From organizational skills (you can tell she was a CPA!) to taking back your email, relaxing, sleeping, reducing stress, this book is packed with action items that will guide you to greater focus and creativity. Heck she even tells you how to use those apps! One thing I liked also is that this author not only deals with how to reduce stress BUT what to do if you are in the middle of a downward spiral. After helping the reader to clarify what is important, the author lays out a system that helps for you to know when to deal with different aspects in life and things to do to have more time each day. You will know how to thrive, enrich your life and grow. Loved it!

"Autism with HEART" is a must-have guide for a parent of a child who has been given a diagnosis on the autism spectrum. Katherine Kanaaneh offers sage advice on how to keep sane when you think the insanity will never end. She speaks directly to the reader with the voice of a mom who is human, has made mistakes and has made small, positive changes in her daily routine that have created a big impact on smoothing out the rough patches. Katherine suggests easy-to-implement, practical

strategies, to help bring and maintain order in your life. She provides advice and tools for organizing the mountains of paperwork and crazy family schedules. Her tips are straight forward and she takes you along on her quest to achieve, and keep, a positive outlook. We can all learn from her...autism moms, or not.~Deborah Hoffman, MA CCC-SLP~

Autism With HEART is a well written book with steps, systems, and tips for any parent to implement. The author leads by example, but also shares what she wishes she had known in the beginning. She consistently empowers and uplifts the reader."Breaking habits that don't serve your life's purpose and finding new ones is a vital component of being able to thrive."I have learned so much from this book, and have implemented several of her suggestions. Highly recommend everyone to read this book: as a parent, caretaker, family member, friend, or human.

This book has changed the way I parent! The author goes above and beyond with the systems and tips she provides to help overwhelmed parents. This is a must read book for parents of children with autism but also for any parent who feels like they're drowning in chaos, stress and overwhelm as they raise their children. As I read through this book I found myself implementing every applicable tip she shared to gain more control over my day to day life. From clearing the physical, mental and even technological clutter, to downloading time saving apps, to setting alarms to keep my day on track, this book has transformed how I manage my days with my children. The author is a scheduling and organizational master and through this book I'm slowly learning that taking control of life in this way allows you to be a more present, balanced and less stressed out mother (and even find some time for yourself in the process!). I truly appreciated how bravely this author shared her journey with her son and all she's learned along the way to help other families thrive. As the title promises, this book was written with heart and it just goes to show that no matter what cards we are dealt, we can live a life full of happiness and joy if we have the right tools, systems and mindset.

I downloaded this book b/c our son is ADHD, and I very recently discovered that he is also dyslexic. I figured a book that helped moms of autistic children might have a nugget or two that would help me. I was wrong. Actually, at least 60% of the advice in this book could be helpful for ANY mother who is stressed out and out of balance for any reason. So I found more than a couple of nuggets to be helpful and/or encouraging! If you are an inexperienced autism parent seeking guidance, you definitely don't want to miss this book. But even if you don't have an autistic child but generally need to bring your life back into balance and reduce your stress, you still

might find it helpful and refreshing.

I loved this book! It was very easy to read and I couldn't put it down. The writing style is very light even when dealing with such a tough issue. Although, it is specific in her case of dealing with autism and can help parents with autistic children, her knowledge can also be applied to any situation in life. Her 5 steps are very easy to understand. Step 1 "H: Heal by Learning Step 2 "E: Energize Step 3 "A: Anticipate Step 4 "R: Routines Step 5 "T: Thrive. Katherine was so kind to help me with advice from her book to help my brother whose daughter is in the process of getting fully tested to see if she has autism. Many of the symptoms her Kathryn's son exhibits is very similar to my niece who is currently being tested for autism. The author wrote this book from the bottom of her heart to help other parents who are struggling with their autistic children. She has a heart of gold.

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