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statistics around the issues of anger management, we are aware from our readers that this is a particular issue in their lives. Sometime ago we sent around a survey asking visitors what there biggest issues were around Aspergers and unanimously we got a response that it was the emotional aspect of their lives ...

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## **Emotional Mastery - Charisma on Command**

Leslie Burby. Leslie Burby is the former Editor-in-Chief of Autism Parenting Magazine and a public speaker on autism related issues. She is the author of three autism related books: Emotional Mastery for Adult's with Autism (2013); Early Signs of Autism in Toddlers, Infants and Babies (2014); and the children's book Grace Figures Out

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People who are struggling with emotional dysregulation react to relatively mild negative events in an emotionally exaggerated manner; they may cry, scream, accuse, or blame those around them, or engage in passive-aggressive behaviors or other behaviors that can disrupt relationships and escalate conflict (PCH Treatment Center, n.d.).

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Aspergers National Institute of Mental Health (NIMH), the following anxiety disorders exist within adults with

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