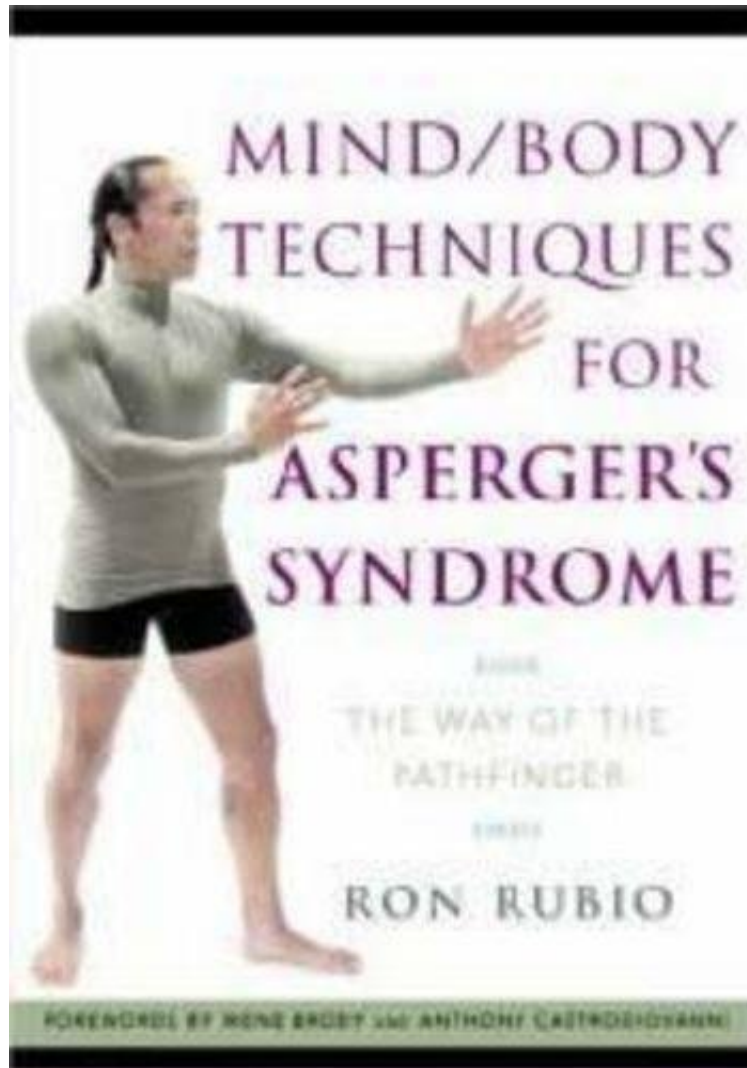


Mind/Body Techniques for Asperger's Syndrome: The Way of the Pathfinder

Ron Rubio

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Ron Rubio : Mind/Body Techniques for Asperger's Syndrome: The Way of the Pathfinder before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mind/Body Techniques for Asperger's Syndrome: The Way of the Pathfinder:

0 of 0 people found the following review helpful. Useful Imagery By Kerry Murphy I thought this book had useful imagery and techniques to help those with Asperger's syndrome. The kindle format was a bit annoying because the pictures were a few pages after the relevant text. 2 of 3 people found the following review helpful. Ron Rubio, Real

Pathfinder To Eliminate Any Autistic Behaviors By edrm Let me get it straight: ordinary reading doesn't work! Nobody can see what this martial-artist is getting at without acting as he instructed in this book. So I don't want to read this just before I fall asleep, because this book helps me train my body as well as my mind. I'm not brave enough to act in public as he did in every picture of his book, though. But I might be able to do this in my room or other quiet places to get rid of the negative past experiences such as PTSD (=Post Traumatic Stress Disorder), withdrawal, depression, and flashbacks. Certainly, I was so surprised when I started dealing with this book, because I assumed it would be too hard for the challenged to accept his training based on his martial art experiences; i.e.; aikido. However, now I gradually could tell that he has been trying to help the developmentally challenged retrieve their self-confidence. That's why I decided to keep doing some exercises pictured in this book.

0 of 0 people found the following review helpful. These are awesome tips.

By Rebecca Varner This is very helpful to help with my granddaughter and help her to learn to help herself calm down. These are awesome tips.

'After a few sessions with you, Nathan became aware of how he was carrying himself. We noticed a change in his gait. He was straighter, taller and more assertive in his walking. His gait was that of a confident man... He beamed with pride as I went on and on about how differently he presented himself. It shook me up!' - letter to Ron Rubio from the mother of a 22-year-old client with Asperger's Syndrome

People with Asperger's Syndrome (AS) typically experience difficulty with balance, coordination and sensory awareness. The mind/body exercises in this book help young people with AS improve these skills, leading to greater self-confidence, and independence. Easy to use, with photographs to show how exercises are done correctly, these techniques can have an immediate effect on how an individual stands, sits, moves, thinks of him- or herself, and relates to others. The author's approach integrates ideas and practices from disciplines including martial arts, Eastern principles of mindfulness, techniques of visualization, breathing, posture, and movement, and the practice of mentoring. Mind/Body Techniques for Asperger's Syndrome is an introduction to Pathfinder training techniques for both parents of adolescents with AS and professionals including physical therapists, pediatricians, and special education teachers who work with them.

"After a few sessions with you, Nathan became aware of how he was carrying himself. We noticed a change in his gait. He was straighter, taller and more assertive in his walking. His gait was that of a confident man... He beamed with pride as I went on and on about how differently he presented himself. It shook me up!" --from a letter to Ron Rubio from a mother of a 22-year-old client with Asperger's Syndrome

Read this book for practical support in improving confidence and self-esteem and reducing anxiety and frustration - particularly for clients who find 'talking therapy' challenging. The core principles can however be applied to anyone, and are a thought-provoking method of encouraging introspection and empowerment. (Speech Language Therapy in Practice)

The author's approach integrates ideas and practices from martial arts discipline, Eastern principles of mindfulness, visualisation, breathing, principles of posture and movement, and from mentoring. (Human Givens)

I found myself pleasantly surprised by the amount of care that has gone into the structure of this book, so if you have enough discipline to apply it, I would recommend this book. (Asperger United)

About the Author Ron Rubio is Director of the Pathfinder Mentoring Services and the High Point Mountain Aikikai and BodyKi Centre in New York state, and works with males aged 8 to 33 years who have Asperger's syndrome. He has a Yondan (4th degree) black belt in aikido and has practiced the martial arts for over 20 years and has been a professional martial artist and instructor in aikido (Japanese), capoeira (Brazilian) and close combat. He also had a long career as a professional dancer, choreographer and teacher.